

Western Pennsylvania

Guide to Good Health

Health News You and Your Family Can Use

FREE
FALL 2015

**Are You
At Risk For
Diabetes?**

**Get the Flu
Vaccine for
Yourself and
Your Children**

**Why Is Hearing Loss
Still Undertreated?**



& Hospice Guide

plus Caregiver Resources • Senior Living Options - See pages 38-51

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out our
Healthcare
Directory
inside!**

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- Derrick Fluhme, M.D.
- Jefferson Cardiology
- Robert W. Doebler, M.D.
- Walter Robison, M.D.
- Scott & Christie Eyecare
- Tara L. Grahovac, M.D.
- Premier Dermatology
- Consulate Health Care

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Get the Flu Vaccine for Yourself and Your Children


By Nancy Kennedy

Ah, fall! The fall season brings a cornucopia of pleasures, including mild weather, apples, football, colorful foliage and pumpkins on front porches. But the fall also brings flu season, and that can mean utter misery – or worse - if you or your loved ones are afflicted with this vicious, virulent infection. Fortunately, flu is easily avoided – all it takes is a dose of flu vaccine.

This year, the Centers for Disease Control and Prevention are predicting an “average” flu season – and that’s terrible news, says one local expert. “The risk is high for everyone,” says Ned Ketyer, M.D., a veteran pediatrician who practices with Pediatric Alliance. “The flu can lead to complications, hospitalization and even to death. Children are most at risk. Schools and day care centers are essentially Petri dishes for these infections. Parents need to vaccinate their children and themselves. Everyone who is six months and older should receive the flu vaccine. The best way to prevent the flu is to get the flu vaccine every year.”

Every year, approximately 20,000 children under the age of five are hospitalized due to complications of the flu. In the 2014-2015 flu season, according to the CDC, there were 140 flu-related deaths of children. “Flu may be common, but it’s still a terrible disease if you get it,” according to Ketyer. “In our office, we start to give flu vaccine at the end of August. Parents should absolutely get the vaccine for themselves as well as their children – it’s essential to remember that we immunize not only to protect our own children but also to protect others who, due to medical contraindications, cannot get the vaccine. That includes infants who are less than six

“The oldest, the youngest and the sickest among us are the most vulnerable, but a surprising number of otherwise healthy children, teenagers and young adults will also die of flu every year.”



-Dr. Ned Ketyer

months of age.”

Influenza, commonly called flu, is a highly contagious respiratory infection, caused by viruses, that is easily spread through the oral and nasal secretions of people who are symptomatic. It’s almost impossible to avoid, and people may be contagious before they even know they are sick.

Exposure to the virus happens everywhere: at the workplace, on public transportation, in supermarkets, in coffee shops and at home. It can make you very sick, with a severe cough and congestion, headache, fever, sore throat, body aches and fatigue. In some people, especially children, it may also cause nausea and vomiting. It can also lead to a range of complications that land you in the hospital, and even in the intensive care unit. Pneumonia, secondary bacterial infections, autoimmune reactions and a rare but serious neurological condition called Guillain-Barre syndrome are among these complications. For children, common complications include ear infections, sinus infections,

(Continued on page 35.)



> To make an appointment or for more information about the flu vaccine and numerous other children’s health topics, visit www.pediatricalliance.com.

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BONE & JOINT GUIDE

Surgeon Offers Preventative Stem Cell Therapy That Helps Knees Heal Without Surgery

Dr. Derrick Fluhme: On the Threshold of Regenerative Era in Orthopaedic Surgery

By Nancy Kennedy

The millions of Americans who have osteoarthritis in their knees are well aware of the challenges involved in this chronic degenerative condition: the constant pain and stiffness; the struggle to manage daily activities; the limits on socialization imposed by decreased mobility; and the fatigue that accompanies all these difficulties. Medical science has no cure for osteoarthritis; thus, treatment consists of symptom management. Pain medication, steroid injections, physical therapy and assistive devices are all useful measures to manage the pain and disability of knee arthritis for as long as possible, usually with the anticipation of total joint replacement.

Now, imagine a different scenario. Imagine that you have knee arthritis and your orthopaedic surgeon outlines the treatment options available to you. One sounds especially promising: stem cell injection therapy. This is a radically innovative, preventative treatment for moderate arthritis that enables the body to repair itself, augmenting the body's own propensity for healing with the remarkable regenerative power of bioengineered stem cells. Stem cell injections can potentially reduce and even eliminate knee pain and inflammation and prevent further degeneration, restoring the knee to full functionality, without surgery.

It sounds like science fiction. But it's not. It's here, it's happening now, and it's available to residents of Western Pennsylvania. Derrick Fluhme, M.D., a board-certified orthopaedic surgeon, has become the first in the area to offer this groundbreaking regenerative treatment for arthritic knees. Dr. Fluhme, who practices with South Hills Orthopaedic Surgery Associates, says that stem cell injections are safe and effective. "Stem cells possess the capacity to differentiate into various types of cells such as cartilage cells. When injected into injured tissue, they heal by stimulating organs to regenerate and grow living functional tissue.

Stem cells can produce cells which are anti-inflammatory and loaded with growth factor for healing. They can slow down and stop the degenerative process. No surgery or incision is involved. For some patients, stem cell injections can repair the arthritic joint to such a degree that knee replacement can be delayed and perhaps even avoided altogether."

Stem cell injections, says Dr. Fluhme, are for patients who have significant but not severe knee arthritis. "This is for my patients with mild to moderate arthritis, who are not ready for knee replacement. It's for the 50-year old golfer whose knees are bothering him, but who is not at the point where he needs surgery. For that person, stem cell injections at this point may mean not needing a future knee replacement." It's also for those for whom traditional treatments have failed or for those who can't have knee replacement because they have co-morbid conditions. Dr. Fluhme uses a product called Arthrosurface Nanofactor, which is derived from placentas that are donated by healthy, extensively screened mothers who undergo elective C-sections.

Dr. Fluhme has been so impressed with the benefits of stem cells that he proposed the treatment to a special patient: his mother, Betsy Fluhme. The 64-year-old Washington's Landing resident loves the outdoors, golfing and playing with her grandchildren, so when she developed knee arthritis she worried about how it would affect her active lifestyle. "I had surgery for a torn meniscus ten years ago," she says. "I could feel the knee worsening, with pain and cracking. I had to go up or down the stairs slowly. Derrick suggested stem cell injections to me.

"I never even felt the needle. The next day, I woke up feeling like I had a brand new knee. I had no pain whatsoever, and I still don't. My knee is functioning perfectly; I'm playing golf again and I can go up and down the stairs



Dr. Derrick Fluhme has been so impressed with the benefits of stem cells that he proposed the treatment to a special patient: his mother, Betsy Fluhme.

"For some patients, stem cell injections can repair the arthritic joint to such a degree that knee replacement can be delayed and perhaps even avoided altogether."

-Dr. Derrick Fluhme

without even thinking about it. It's amazing." Betsy Fluhme says that the stem cell injections have had a positive impact beyond the improvement in her knee. "I not only feel better, I look better. I used to have that worried expression that you have with chronic pain. Now that's gone and I feel great."

Anna Storrs, an interior designer, says that stem cell injections have erased her pain. A meniscus tear and osteoarthritis made it a challenge for her to get through her busy days. "My knees were swollen and sore; sometimes I had difficulty getting in and out of the car," she says. "Dr. Fluhme gave me the option of arthroscopic surgery or stem cell injections. He said I was a good candidate, and it sounded like it

was worth a try. I trust Dr. Fluhme completely." Getting the injection was simple, convenient and quick, she says. "It was done in his office and felt like a cortisone injection," she recalls. "The next day, I felt better and by day three, I was able

to work out and do lunges, steps and squats. It feels like a miracle. I feel so good that I'm planning a trip to Europe with my husband. It will involve a lot of walking and I'm confident that I will be fine."

Stem cell injection therapy, Dr. Fluhme emphasizes, is not a substitute for knee replacement surgery. "If you need a knee replacement, then you have to have one. Stem cells are not a substitute, but are a preventative treatment option that may delay or reduce your need for one."

Stem cell therapy, he says, represents a new, regenerative paradigm in orthopaedic surgery and in the treatment of arthritis. "Stem cells are being called the next Penicillin, revolutionizing the way we practice medicine. They aren't entirely new but they are new to orthopaedics, and it's a 180 degree turn for our specialty. Orthopaedic surgeons are a replacement culture and stem cells represent something completely different: a regenerative culture. I call this 'regenerative orthopaedics' and as a surgeon who is sports medicine-trained, I'm invested in joint preservation. It's exciting to offer my patients a safe, simple, non-surgical treatment that can help heal their knees and transform their lives."



To make an appointment with Dr. Fluhme, contact **South Hills Orthopaedic Surgery Associates** at (412) 283-0270. The office is located at 2000 Oxford Drive, Suite 211, near South Hills Village.

Allegheny Health Network Diamond Care Program Helps Patients Steer Through Medical System Maze

By Daniel Casciato

It can be overwhelming for patients and their family members when they need to undergo any type of surgery and rehabilitation. To alleviate any apprehension and confusion, health systems, such as Allegheny Health Network (AHN), have added navigator programs to help patients traverse through the system during their stay to ensure a seamless experience. Navigators offer education, support and advocacy for patients. It's a result of the new emphasis on patient-centered care.

AHN's navigator program, called Diamond Care, combines industry best clinical protocols with a dedicated patient care navigator service that provides one-on-one counseling and support, from surgery preparation through post-discharge follow up.

"Diamond Care was implemented to improve safety, quality of care, and the patient experience; Improve outcomes, and lower the total cost of care," says Patrick DeMeo, MD, Professor and Chair of the Department of Orthopaedic Surgery at AHN.

To create a highly personalized and worry-free experience for patients, a Diamond Care Navigator is assigned to each patient undergoing knee and hip replacement surgery at AHN. The navigator's responsibilities include:

- Helping to coordinate pre-authorization testing and paperwork
- Providing additional education about the upcoming procedure
- Answering patients' questions before, throughout, or after the procedure
- Welcoming patients and loved ones on the day of surgery and making sure they get to the correct location
- Regularly visiting patients during their hospital stay
- Making post-discharge calls to follow up on patients

"For patients, it's a very satisfying experience because they are not navigating the system alone," says Dr. DeMeo. "Our navigators are marching them through each step of the way. From a cost standpoint, because we are driving down the length of stay and reducing complication rates, we're improving the socioeconomic burden for our healthcare system significantly."

Standardizing best-practice protocols such as implementing physical therapy the day of surgery and caring for post-operative patients on a dedicated joint replacement unit provide the foundation for excellent outcomes, adds Dr. DeMeo.

"Same day physical therapy is important because it can decrease complications such as blood clots and infection rates," he explains. "Once the patient is mobilized, it also allows us to discharge the patient earlier. We feel it's much better for the patient to recover in the comfort of their home."

The average length of stay of orthopedic patients at AHN is now two standard deviations below the national average, according to Dr. DeMeo.

"There's no question that from a patient safety and quality perspective, we definitely have some of the lowest complication rates in the United States," he says. "To be able to develop a process where we can deliver better healthcare at a lower



Dr. Patrick DeMeo

cost is very important for the economics of healthcare."

Initially, the Diamond Care program was piloted in the orthopedics department and breast cancer unit at AHN. Because of its success, the program will be rolled out to other service lines across all seven hospitals in AHN's

system.

"This is a novel way to address some of the things that are wrong with healthcare, make it more affordable, and provide better access to people who need it," says Dr. DeMeo. The biggest problem in healthcare is costs. We're trying to show we can improve quality and still lower costs. If we don't do something now, we never will be able to provide care to the patients who need it because it's going to be too expensive. We came up with a way to address this issue and at the same time improve quality and safety."



For more information, visit <https://www.ahn.org>.



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Jefferson Cardiology Welcomes Home Pittsburgh Native to its Team of Highly Skilled and Experienced Cardiologists

By Daniel Casciato

Returning to his Pittsburgh roots following his medical studies was a no-brainer for Dr. Bryan Schwartz. He recently joined Jefferson Cardiology Association in the South Hills, a practice specializing in the prevention, diagnosis, and treatment of diseases of the heart and blood vessels.

"I was thrilled to find a place I could practice back home in Pittsburgh and be near my family," says the Monroeville, PA native who now makes his home in Upper St. Clair.

After attending college at Penn State University, Dr. Schwartz graduated from medical school at Temple University in Philadelphia. He completed his residency at the University of Southern California in Los Angeles. Most recently, Dr. Schwartz did his fellowship training at the University of New Mexico in Albuquerque. He chose medicine as his profession because of its blend of science as well as working with and helping people.

"The reason I chose to specialize in cardiology is because, compared to all of the other medical fields, it offers a wonderful mix and blend of seeing patients both in the office and in the hospital, as well as procedures and imaging in the same field," he says.

Dr. Schwartz believes he found the perfect fit for him and his interests with Jefferson Cardiology.

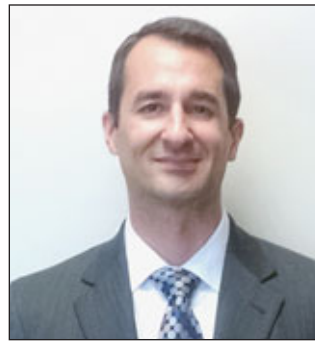
"The practice is in a good location in the South Hills," he says. "The office staff and my partners are phenomenal and we have a wonderful patient population."

Jefferson Cardiology has been in the region for over 35 years. Currently, the practice has five skilled physicians all reflecting a wide range of interests and areas of specialization.

"Our motto is experience, innovation and compassion," says Dr. Michael Nathanson. "Experience is about being a seasoned physician, knowing how to recognize and approach heart-related problems and help people through them."



He notes that the innovation aspect of the practice is about bringing the latest scientific advances and research to its patients, creating access for them, and helping them to understand new therapies as they develop and how they might apply



Dr. Bryan Schwartz

to their problem. "And the third part is compassion," he says. "It's really about treating patients as if they were friends or family. We like to think of ourselves as health coaches who try to help people do the best to maintain their health. We all love to treat heart disease but we like to prevent heart disease even more."

In fact, both Dr. Schwartz and Dr. Nathanson say there are certain steps people can take now to prevent heart disease and improve their overall cardiovascular health. "Exercising more and quitting smoking are the two biggest things you can do," says Dr. Schwartz. "I make an effort to talk about smoking cessation with my patients and offer some things that might help them to quit. We also talk about physical activity. Many of them cite knee pain, back pain or some orthopedic problem as a reason that they cannot exercise to which I recommend swimming or yoga."

Once you've had a heart problem, Dr. Nathanson stresses you need to be on guard because it can happen again.

"That dog can come back and bite you again," he says. "We have so many treatments to help people reduce their future risk. These include not only diet and exercise, but many great medical therapies that are proven to save lives."

While there are many things people can do to help themselves, he agrees with Dr. Schwartz that the biggest change people need to make is to put down those cigarettes.

"The average person who smokes takes seven years off of their life," he says. "It's a powerful thing fueling heart disease in particular. Most heart attacks can be prevented if people focus on a healthier diet and lifestyle."

Dr. Nathanson encourages people to have their cholesterol, sugar levels and blood pressure checked at least once a year. "It's a simple thing to do but it prevents the problems that can lead to heart attacks. One of the things that is overlooked is exercise. Many times people think they have to be training for the Pittsburgh Marathon when they do it. The truth is if people just get out and walk 30 minutes a day, they will be way ahead of the game."



For more information or to make an appointment, call **Jefferson Cardiology (412) 469-1500** or visit www.jeffersoncardiology.com. Office locations in Jefferson Hills, Belle Vernon and Jeannette

"It's really about treating patients as if they were friends or family. We like to think of ourselves as health coaches who try to help people do the best to maintain their health. We all love to treat heart disease but we like to prevent heart disease even more." -Dr. Michael Nathanson

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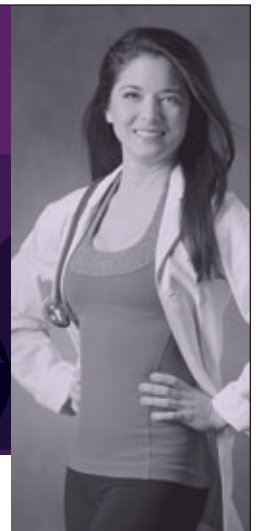
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Reduce the Symptoms of Chronic Inflammation Through Holistic Lifestyle Choices

By Kelly Haywiser

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"Acute inflammation is our body's normal and healthy response to injury; but chronic, low-level inflammation at the cellular level develops without pain and can lead to obesity, diabetes, cancer and heart disease."

-Andrew Weil's "Reducing Whole Body Inflammation"

HOLISTIC LIFESTYLE CHOICES

By practicing some easy holistic lifestyle choices; you should begin to reap the benefits.

- **Diet** – Consider an "anti-inflammatory diet" consisting of healthy fruits, vegetables, fats, and wild-caught salmon. These foods are typical of the Mediterranean Diet. A study published in the *New England Journal of Medicine* showed that the Mediterranean diet can reduce the risk of stroke and other cardiovascular diseases by 30 percent.
- **Movement** – Low-impact exercising 3-5 days per week for at least 30 minutes each day helps to reduce excess weight, the likelihood of chronic illness, and build overall wellness.
- **Stress** – Consider practicing yoga, meditation or conscious mindful exercises to reduce stress at the workplace, in relationships and in your personal life.
- **Supplements** – Get your daily requirements by considering co-enzymes Q10, Vitamin D3 and molecularly distilled fish oil.
- **Massage/Bodywork** – Massage helps reduce inflammation and promotes growth of new mitochondria following strenuous exercise. Reduce stress with massage, reflexology or even energy therapies such as Reiki.
- **Therapeutic Essential Oil** – Effective anti-inflammatory agent oils high in carvacrol, such as oregano, thyme, or frankincense may be considered.

"A clinical assessment is the only way to determine if you suffer from inflammation. If you are experiencing the symptoms mentioned above; it is more likely you have low-grade inflammation, says Mark Hyman, M.D., author of *The UltraSimple Diet* (Pocket Books, 2007)."

Start making small behavior modifications in your lifestyle by replacing current habits. Take them one step at a time. If you need motivation and encouragement, consider working with a trained nutrition or wellness coach to incorporate holistic lifestyle changes today. Do not let chronic inflammation control your life!



Kelly Haywiser is a Certified Integrative Nutrition and Wellness Coach and Certified Fertility Massage Specialist. For a FREE INITIAL CONSULTATION, call (412) 221-0700 or visit the website www.holisticapproach4life.com.



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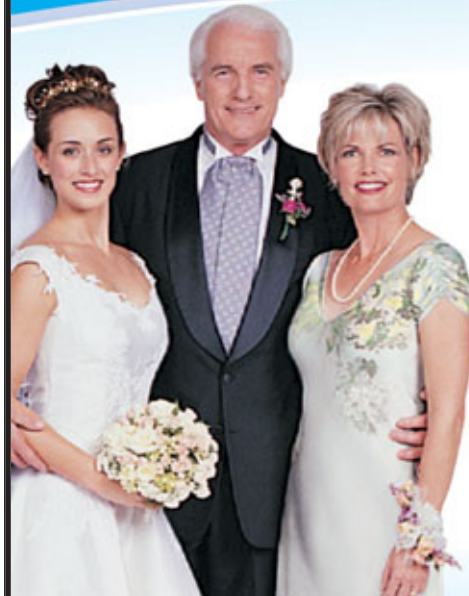
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Ohio Valley Hospital Introduces New Cutting-Edge Procedure to Treat Enlarged Prostates

By Daniel Casciato

Today, four out of ten men over the age of 55 suffer from an enlarged prostate, where the gland pushes uncomfortably on the urinary tract. Although this is a benign condition—and not related to prostate cancer—this common affliction can still cause life-long health issues and affect your quality of life.

As the prostate continues to enlarge, it presses down and blocks your urethra, causing troubling urinary symptoms such as:

- Frequent need to urinate both day and night
- Weak or slow urinary stream
- A sense that you cannot completely empty your bladder
- Difficulty or delay in starting urination
- Urgent feeling of needing to urinate
- A urinary stream that stops and starts

While drug therapy or invasive surgery is often used to treat this condition, there is now a new procedure at Ohio Valley Hospital that does not involve medication or going under the knife.

It's called the UroLift—an evolutionary, minimally invasive approach to treating an enlarged prostate that is only being performed in Western Pennsylvania at Ohio Valley Hospital by Dr. Robert W. Doebler. The UroLift lifts or holds the enlarged prostate tissue out of the way so it no longer blocks your urethra. It's an easy, safe and

effective treatment that does not involve any cutting, heating or removal of prostate tissue, notes Dr. Doebler.

"The treatment of prostate issues has been a revolutionary process for many years and as urologists we are always looking for a better way of accomplishing the goal of removing the obstructing prostate tissue and relieving the patient's symptoms," he says.

According to Dr. Doebler, this FDA-approved procedure is done in an outpatient setting under mild sedation. He inserts four to six tiny permanent implants into the prostate to lift the tissue off of the patient's urine channel which stops putting pressure on the area. This allows urine to flow normally again. The procedure takes about half hour.

Typically no catheter is needed and no overnight stay is required following treatment. You can be back home that same night and oftentimes, many people can even return to work the very next day.

"You might have some mild discomfort but most patients will hardly notice anything was done," he says. "Since no tissue was destroyed there is little down time and no healing time either. You can resume your daily activities right away."

Prior to using the UroLift, Dr. Doebler was familiar with this new technique after reading several peer-reviewed research articles and other forms of literature. One day, Dr. Doebler was in Miami, Fla. working with another urologist who happened to be performing some UroLift procedures. After sitting in on the procedures, Dr. Doebler was so impressed with it that upon his return he underwent training. The leadership team at Ohio Valley

Hospital was understandably excited about the idea of such a new and innovative procedure, which is how Dr. Doebler began performing it exclusively at their outpatient facility.

To treat enlarged prostates in the past, some patients took medication to relieve symptoms or opted for laser surgery. However, not every patient responds well to drug therapy and surgery involves the removal of tissue.

"Medication is not always the answer because they have side effects and are costly," says Dr. Doebler. "Laser surgery can cause damage to the prostate which leads to some temporary problems and in some cases, permanent problems. The UroLift is a great alternative. I believe it's the best thing we have right now to treat enlarged prostates."

The UroLift might be right for you if any of the following apply:

- You do not want to take another pill everyday
- You have tried BPH medication but are unhappy with the side effects
- You do not want to undergo major surgery due to potential surgical risks of side effects and complications
- You want a BPH solution that preserves your sexual function
- You want to regain your quality of life with minimal downtime

"Most men are aware of what's going on when these symptoms come long," says Dr. Doebler. "They start off mild and may progress, and in many cases, if the symptoms are just annoying and not affecting a



Dr. Robert W. Doebler

WHAT IS IT?

The UroLift is a minimally invasive treatment designed to treat lower urinary tract symptoms (LUTS) due to benign prostatic hyperplasia (BPH).

WHO SHOULD GET IT?

The UroLift is an option for BPH patients who are looking for an alternative to drugs or major surgery.

WHY SHOULD YOU GET IT?

This is appropriate for patients seeking a minimally invasive treatment and are concerned about preserving their sexual function and their quality of life.

patient's lifestyle, then we don't have to do anything. However, if these symptoms become more problematic, that's when we need to start to think about a form of therapy and that is when the UroLift comes in."

To make an appointment or for more information, call (412) 771-3266 visit www.ohiovalleyhospital.org.



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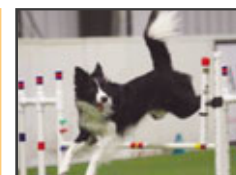
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Preferred Primary Care Physicians

Walter Robison, M.D., Urges Patients to Walk for Their Health, Get Tested for Diabetes

By Nancy Kennedy

On September 9, 2015, U.S. Surgeon General Vivek Murthy, M.D., wrote a prescription to the American public: Walk! Dr. Murthy urged people of all ages to start walking on a regular basis, for their health and well-being. In doing so, he was echoing the longstanding and wise medical advice of Walter Robison, M.D., a Pittsburgh physician who has been “prescribing” walking to his patients for years. Dr. Robison recommends that his patients walk 30 minutes per day, without stopping, at least five days a week. “Walking for 30 minutes, in addition to your usual physical activity, has physical and mental benefits,” he states. “It helps regulate blood sugar levels, reducing the risk of diabetes; it’s good for your cardiovascular system; it helps you manage your weight and prevent obesity. Walking can help you sleep better, reduce stress and keep depression at bay. For many people, it’s energizing. Walking is safe, free and easy for most people; it’s a gentle form of exercise that can be done anywhere.”

As a primary care physician with the busy Preferred Primary Care Physicians (PPCP) group, Dr. Robison treats adults with all types of medical conditions, and he’s happy to say that he sees more people walking for their health. “Baby Boomers are realizing that they have the potential to live longer and to enjoy those years, and as a result they are more pro-active about health. People in general are smoking less and eating healthier; we’re getting better survival rates for diseases and we have better treatments for chronic conditions.

“I would rather serve as an advisor to a patient who is making an effort to stay out of the doctor’s office through a healthy lifestyle, than be putting out fires for patients who don’t take care of themselves.”

In his practice, Dr. Robison emphasizes the individuality of each patient. “I have many patients who have been seeing me for decades. The longer you’re in medicine, the more geriatric patients you will eventually have. About half of my

patients are over age 65 now.” He is a native of Carnegie who attended the Medical College of Virginia and completed his residency in internal medicine at Pittsburgh’s Mercy Hospital. He is board-certified in both internal medicine and geriatrics, and he appreciates the diversity within his practice.

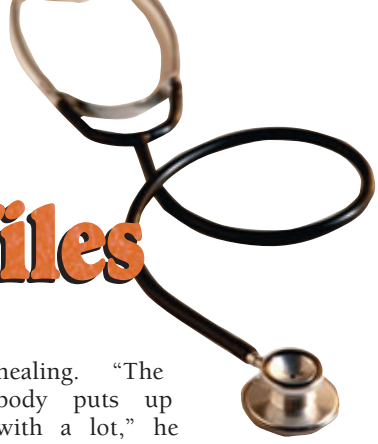
“Each patient has a unique personality and history,” he says. “I try to ‘get set’ for each patient before I enter the exam room. It relaxes them when they know that I know them and I’m familiar with their problems. It’s a relationship that’s both social and medical, and the social aspect leads to more effective medical care because it creates trust. Most of my patients are compliant to the letter.”

That compliance and the trusting doctor-patient relationship become especially important when a patient is diagnosed with a chronic condition such as Type II diabetes. Dr. Robison treats many patients with diabetes and says that many more are undiagnosed. “As many as 25% of people who have diabetes don’t know it. They may have the condition for five to seven years before being diagnosed. It’s much better to get the diagnosis early; you can be healthy and have a lifespan that’s close to that of a non-diabetic, if you follow your doctor’s recommendations.”

PPCP has a comprehensive diabetic education program that includes consultation with a nutritionist and a diabetes educator, who offer the patient individualized education and follow-up. “When a patient is initially diagnosed, they realize that they have to make changes,” Dr. Robison says. “Diabetes is a body mass index disease: the higher your BMI, the greater your risk. Although diabetes has a genetic component, it’s not a fully genetic disease; it’s multifactorial. Calorie intake is key. If you lose weight and drop your BMI somewhat, that will go a long way toward helping your diabetes. Our dietician goes from office to office, meeting with patients to help them strategize. It’s easier said than done, but it can be done.”

Dr. Robison never ceases to be amazed at the body’s capacity for

medical profiles



healing. “The body puts up with a lot,” he says. “But at some point, the jig is up. People in their 30’s and 40’s may be doing things now, like smoking and overeating, that will present problems later, but they aren’t thinking that far ahead. When you get to your 50’s and 60’s things may happen that are irreversible.”

Dr. Robison practices what he preaches. He swims laps at his home in Peters, and in winter, he uses a treadmill. He tries to eat healthy, and enjoys time with his family. “We can’t change our genes, but we can do simple things like take a walk,” he says. “There’s no substitute for watching your weight and staying physically active.”



“As many as 25% of people who have diabetes don’t know it. They may have the condition for five to seven years before being diagnosed.”

- Dr. Walter Robison

To contact Preferred Primary Care Physicians, visit www.ppcp.com or call (724) 941-8877 (McMurray, at the St. Clair Outpatient Center) or (412) 561-3452 (Dormont/Brookline).

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“Walking for 30 minutes, in addition to your usual physical activity, has physical and mental benefits.” - Dr. Walter Robison



Diabetes Bridge To Wellness Expo

Bridge to Wellness Expo Will Have 'Something for Everyone'

By Lois Thomson

"Diabetes is an epidemic," said Julie Heverly, "with one in three Americans at risk for developing it before the year 2050." Heverly, Executive Director of the American Diabetes Association of Western Pennsylvania, shared that "Nutrition and active lifestyles are at the core of preventing or prolonging the onset of type 2 diabetes, as well as being a major component in living a long and high-quality life." These are the overar-

ching themes behind the Bridge to Wellness Expo scheduled for the David L. Lawrence Convention Center Saturday, November 14.

As Heverly explained, "For more than 15 years, the American Diabetes Association has provided Western Pennsylvania with a comprehensive and interactive resource for diabetes-related education and information at our annual expo. We hope our expanded format engages and educates area residents to live better, healthier lives." She added

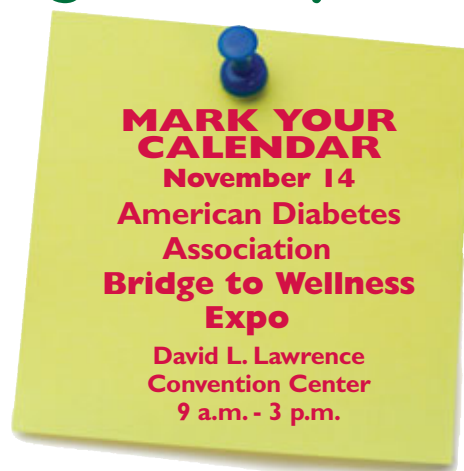


Dr. Patricia Bononi, Medical Director of the Allegheny Health Network (AHN) Center for Diabetes, will be speaking on Healthy Pregnancies.

that the prevalence of diabetes "places a burden on our people, businesses, health systems and community that is tremendous, and we want to empower people to take steps to Stop Diabetes."

The free event, which runs from 9 a.m. to 3 p.m., may be able to help ease that burden by providing answers to questions about diabetes and other diseases, and offering suggestions for how to improve lifestyles. The expo will feature health screenings, a healthy eating and cooking zone, a youth and family fun area, fitness activities, and exhibitors, as well as the opportunity to engage with health coaches, and leading experts addressing wellness, coping, and chronic disease management and prevention.

One of those experts will be Dr. Patricia Bononi, Medical Director of the Allegheny Health Network (AHN) Center for Diabetes, who




will be speaking on healthy pregnancies. "The main focus is going to be women who develop diabetes during pregnancy. It affects about 10 percent of pregnancies in the United States, so it's a fairly robust number." She said maintaining a healthy lifestyle before becoming pregnant can help reduce risk, and closely monitoring glucose during pregnancy can help prevent complications for the mother or the baby. "This is the kind of diabetes that affects two people at once."

Dr. Bononi said AHN, which is a big supporter of both wellness and diabetes, has had a long association

with the local ADA, and continues to participate in its event every November, which is National Diabetes Month. "And this year the program has sort of expanded in that it's encompassing people with diabetes as well as people who are just looking for ways to have a healthier lifestyle."

Other topics at the expo include respiratory issues, dental and oral health, tobacco cessation, recreational safety, and humor & health benefits, among others. Dr. Bononi agreed that it's a lot of information to absorb, but added, "I think that if you take it in smaller bites, patients can learn over time; or maybe if they develop issues with their diabetes that they didn't have before, they can seek other sources of information."

Heverly concluded, "Bridge to Wellness will have something for everyone looking to live a better, healthier life."

 For more information, call (412) 824-1181, or visit www.diabetes.org/bridgetowellness

Diabetes and Wounds: A Dangerous Combination

By Daniel Casciato

If you or a loved one are living with diabetes, caring for wounds can be difficult. While most wounds heal without any special treatment, people with diabetes are at a greater risk for complications, such as infections. If not taken care of immediately and properly, these infections could ultimately lead to an amputation.

In fact, the rate of amputation for people with diabetes is now 10 times higher than for those who do not have this disease. One in five people who have diabetes will have an amputation, according to Dr. Christopher Hajnosz, a Pittsburgh podiatrist at South Hills Foot & Ankle Associates who also works with Ohio Valley Hospital's Wound Care Center.

The good news, he says, is that with proper foot care and wound treatment, you can easily prevent these wounds from getting worse.

"To treat any wound, the first

thing we do is determine why the patient has it," says Dr. Hajnosz. "The same wound on ten different patients will have different modalities. We need to figure out what are the main causes and correct them medically and surgically, and then treat the wounds themselves."

Because people with diabetes have neuropathy—numbness in their hands or feet—they do not notice a wound to their feet right away. In addition, their elevated blood sugar affects the immune system. So it's the perfect storm, notes Dr. Hajnosz.

"You have a numb foot and poor blood flow," he says. "A patient gets a wound and their body's immune system is suppressed so the bacteria remains in the wound if not treated. This causes a full blown infection like an abscess or it can actually get into the bone."

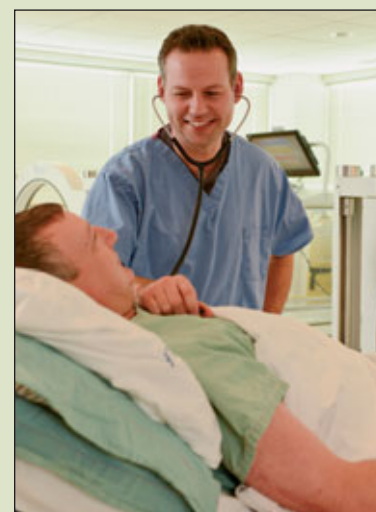
He explains that if you cut your foot, even if it doesn't heal right away, as long as it's treated, your foot is unlikely to get infected

because your body has a good immune system. For someone with diabetes, their immune system cannot fight that bacterial infection and so it can spread very quickly.

"We want to make sure your wound doesn't get worse and cause further complications," Dr. Hajnosz says. "It's not a small issue. We need to treat it and get it taken care of immediately. It may seem like a small issue to you, but we know the numbers and outcomes and it's a big issue to us. Once you have a bone infection especially in the foot or the lower extremity, there's not a lot you can do to prevent complications."


Dr. Hajnosz says that the best way to prevent wounds from getting worse is to simply take better care of your feet.

"The key to treat the wound initially is to notice it and then see a medical professional if necessary—it doesn't always have to be a wound specialist," he says. "Oftentimes, these wounds are small and in a place where you can't see it, like the



Dr. Christopher Hajnosz

back of your ankle or foot. By the time we see a patient for wound care, it's usually after a wound that hasn't healed in a normal period of time. Inspect your feet every day. Wear shoes around your house and let someone else look at your feet."

 For more information, visit <http://ohiovalleyhospital.org/services/wound-care-center>.



The Importance of Foot Care in Diabetic Patients

By Lois Thomson

Nicholas Lowery, DPM, not only is a Foot and Ankle Specialist with the Washington Health System, but he also recently served a term as chairman of the American Diabetes Association Foot Committee. With the combination of that background and his physician experience, he particularly understands how important it is for people with diabetes to care for their feet.

He said that in his primary practice he spends about half of his time doing orthopedic foot and ankle surgery, while the other half is devoted to people with wounds. "And for a good number of those people, diabetes is the cause of their wounds and their infections. Our goal is to prevent wounds in the first place, but also, when people get them, to get them healed as quickly and safely as possible."

One of the reasons proper foot



Dr. Nicholas Lowery

care is important is because of the complications that can arise. As Dr. Lowery explained, people with diabetes are pre-disposed to certain problems in the feet, which can damage the nerves and lead to a loss of sensation.

"When someone can't feel their feet, they lose their warning signal that something is wrong, which is pain. So if you can't feel that you stepped on a rock or that your shoes don't fit quite right or that you have a blister on your heel, then you aren't aware of it; and if you continue to walk it could lead to a break in the skin, which can then get infected and could lead to amputation."

In addition, Dr. Lowery said that the nerves don't just provide sensation in the feet, they also provide motor function. So if people do lose motor function in the small muscles that, for example, hold the toes

straight, the toes can become deformed, which can lead to foot deformities, which can make it difficult to put on a shoe, and that area could become ulcerated. Moreover, the nerves help keep the skin nourished and healthy.

Dr. Lowery said it's hard to blame people for not realizing there's a problem, because if they can't feel their feet, it's difficult to notice that something is wrong. "It's often not something you see or something that's obvious. A lot of times people don't realize it until something like ulceration happens. I think one of our calls is to raise awareness for complications due to diabetes."

He added, "If someone loses a limb it's a huge life-altering event, but it's also costly for the health system, and costly for the patient; and a lot of times it's something that's preventable with proper education and proper screening."

Dr. Lowery and his partner, Dr. James Marks, are proud to have built a reputation for delivering quality foot and ankle care with sincere friendliness and compassion.

Dr. Nicholas Lowery, a Foot and Ankle Specialist with the Washington Health System, said, "One of our jobs as a foot and ankle specialist in our community is to raise awareness, to educate patients, but also to educate providers who see people on the front line when they're managing their diabetes. Part of our job is to make sure that they're aware of the feet as well, because a lot of time is devoted to the glycemic control; but we have to check the feet, too, because they cause a lot of problems."

➤ If you have concerns, please make an appointment at **Washington Health System Foot and Ankle Specialists**, (724) 222-5635, or visit whsdocs.org.

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Are You at Risk for Diabetes?

Diabetes is among the top 10 leading causes of death in the United States. One out of every 10 people in our country has the disease. Some 8.3 percent of the population has been diagnosed with diabetes, while another 2.3 percent have the disease, but don't know it. And, the number of people at risk for diabetes is growing. Millions of people in the United States have what's known as pre-diabetes. People with pre-diabetes have blood sugars higher than normal levels, but lower than diabetic levels. Elevated blood sugar means a higher risk for heart attack, and a higher than average risk of developing diabetes.

Factors that increase risk for diabetes are:

- Being overweight
- Carrying excess weight in your belly (as opposed to carrying excess weight in your hips, thighs and buttocks)
- Little or no physical activity
- Smoking
- Having a close relative with diabetes
- A history of gestational diabetes when pregnant
- Being Asian, Latino or Black

Your doctor can perform tests to determine if you have pre-diabetes or diabetes. The most common test is the fasting blood glucose, where the blood sugar is checked after fasting for eight hours. A fasting glucose between

100 and 125 indicates pre-diabetes. A less commonly performed test is called an oral glucose tolerance test. In this test, the patient drinks a sugary beverage, and the blood sugar is checked two hours later. If the glucose is between 140 and 199, pre-diabetes is the diagnosis.

Diabetes can be prevented or delayed:

- Dropping excess pounds will help prevent diabetes. You don't need to get down to a "normal" weight to make a difference. Just losing five percent of body weight reduces risk. For example, if a person weighs 200 pounds and loses 10 pounds, that represents a five percent loss in body mass and a decreased risk.
- Eating healthier foods also helps to prevent or delay onset of diabetes. Increase fruit, vegetable and whole grain consumption. Stay away from refined grains such as white flour and processed cereals as well as sweet drinks like soda (diet soda is o.k.), and juice.
- Being active for 30 minutes a day. You don't have to go to the gym; walking or gardening for 30 minutes counts as activity.
- Quitting smoking may reduce your risk for developing diabetes, as well as reduce the risk for heart attack or stroke.



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To schedule an appointment, please contact your preferred AHN Center for Diabetes location:

Allegheny Valley Hospital
Allegheny Valley Outpatient Care Center
651 Fourth Avenue
New Kensington, PA 15068
724.367.2400

Saint Vincent Hospital
232 West 25 Street
Erie, PA 16566
814.452.5000

Forbes Hospital
Professional Office Building One
2566 Haymaker Road, Suite 314
Monroeville, PA 15146
412.858.4474

West Penn Hospital
5140 Liberty Avenue
Pittsburgh, PA 15224
412.315.3520

Jefferson Hospital
565 Coal Valley Road
Jefferson Hills, PA 15025
412.469.5000



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Nutrition Label Reading Tips for People with Diabetes

By Susan Zikos, RD, LDN, CDE

How much will my morning cereal raise my blood sugar level? Is it better to have spaghetti or bread for my meal? These are all questions that diabetics ask. Answering these questions is easier since the Nutrition Facts Labels came into use. Each box, can and wrapper has a Nutrition Facts Box which tells a great deal about the food and its nutritional value. A few sections are of particular interest to diabetics.

Always start by looking at the Serving Size. This tells you what the suggested serving size is. It is best to use measuring cups to actually measure that serving a few times until you know what a serving looks like. Cereal, for instance, is usually 1/2 cup or 1 cup per serving. Some bowls easily hold 2 or 3 servings, so you can get 2 or 3 times more calories than the manufacturer intended if you fill the bowl.

Next, look at the Total Carbohydrates in grams. Carbohydrates are converted into glucose during digestion. This is what raises your blood sugar levels. Fifteen grams of carbohydrate is considered one carbohydrate serving, roughly equal to one slice of bread. So if the cereal has 32 grams of carbohydrate in a 1 cup serving, that means it is 2 carbohydrate servings. If you

add 8 ounces of fat free or low fat milk, that adds a third serving of carbohydrate to your meal. This may be all the carbohydrate that a smaller person needs for breakfast.

The biggest sources of blood sugar raising carbohydrate are breads and cereals, pastas and starchy vegetables, milk and dairy products and fruits. You need these foods for optimal nutrition, but you don't want to overeat them and raise blood sugar levels too high.

If you want to lose weight, also pay attention to the calories. A food that is low in carbohydrates can still have a lot of calories. Think of peanut butter. Two tablespoons only has 8 grams of carbohydrate, but still has a whopping 190 calories! That is because peanut butter also has 16 grams of fat which have 130 calories.

Your health is your responsibility. Eat sensibly and watch those portion sizes!

> Susan Zikos, RD, LDN, CDE, is an Outpatient Dietitian and Certified Diabetes Educator at Ohio Valley Hospital. For more information, log on to www.ohiovalleyhospital.org.



KIDNEY DISEASE

Kidney Disease – A Silent Epidemic

It is a tragic and irrefutable fact that kidney disease is an epidemic in our country. According to a new study from the American Journal of Kidney Disease, nearly six out of 10 U.S. adults will develop moderate kidney disease in their lifetime. Perhaps even more worrisome is that most people who have kidney disease don't know it, because there are usually few or no symptoms in the early stages of the disease.

So what can you do to find out if you might be one of the six?

Become kidney aware

DaVita, a division of DaVita Healthcare Partners Inc. and a leading provider of kidney care services, offers a free kidney disease quiz online where you and your loved ones can assess your risk. It takes only 60 seconds and gives you a snapshot of the possibility of you having kidney disease.

More than 80 percent of people nationwide who have taken the quiz found out that they have at least two risk factors for kidney disease, which is the eighth leading cause of death in the United States.

Key risk factors for kidney disease include diabetes, high blood pressure, cardiovascular disease and a family history of kidney disease. Those ages 55 or older also are at higher risk.

African Americans are nearly four times more likely to face kidney disease than their white counterparts; Hispanic Americans are twice as likely; and Native Americans and people of Asian or Pacific Islander descent also have an elevated risk for CKD.

Get tested

A simple blood test can reveal kidney disease in its early stages, hopefully long before irreparable damage begins.

The blood test is quick and easy. Experts will simply prick your finger to get a drop of blood, which is all that is needed to perform the test. "You should definitely be checked if you have a family member with kidney disease," said Linda Dindak, patient liaison and Kidney Smart educator. "When kidney problems are discovered and treated early, we have a better chance of delaying – or maybe even preventing – chronic kidney disease and the need for dialysis."

Become kidney smart

Kidney disease is a reality for 20 million Americans. Many patients who find out they are going to be on dialysis think their life is over, but in reality the opposite is true: dialysis gives life.

Sir Francis Bacon said "Knowledge is power." And with kidney disease, it is absolutely true. By arming themselves with knowledge, making smart changes in their lifestyles and following doctors' orders, patients can live full lives.

"I've had kidney patients reap huge benefits with lifestyle changes," Dindak says. "They realize the value of controlling their behavior."

> Call (855) 205-5615 or visit DaVita.com to learn more about local Davita centers. Learn how to manage your kidney healthy at KidneySmart.org/class or call (855) 343-4951.



TIPS FOR KIDNEY-FRIENDLY SELF-CARE:

ASSESS YOUR RISK

Take the free online risk assessment quiz at DaVita.com, understand your risk and talk to your physician or health provider.

SEEK GUIDANCE

Ask your doctor, "Where do you see my kidney health in five years?" suggested Dindak. "If your lab work shows disease progression, you want to know that. Having the courage to ask that question – which is always hard for doctors to answer – will help give you a better sense of how important lifestyle changes are."

WORK, IF POSSIBLE

Don't assume everything in your life has to change if you begin dialysis. "Being happily distracted and having other things on your plate really helps," said Dindak. "Working is an excellent example. Generally speaking, my working patients are motivated to stay healthy and do well. They come to dialysis as scheduled. They stay for the entire treatment. They really understand the importance of having their blood cleaned. "Unfortunately, some of my younger patients didn't have medical insurance because they weren't working and were pretty sick by the time they started dialysis," said Dindak. "Many are now looking for jobs. We support that effort because we believe working while on dialysis has both physical and emotional benefits."

STAY INFORMED

Make an effort to learn as much as you can about kidney disease before you face a medical crisis. You'll find a wealth of information, including details about upcoming, instructor-led KidneySmartSM classes at DaVita.com.

**ON OUR WEB: Log on to www.guidetogoodhealth.com for more stories on Kidney Disease
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Scott & Christie Eyecare: Patient Care on the Forefront of Cataract Technology

By Daniel Casciato

Today, eye care research and technology are constantly evolving. In Western Pennsylvania, Scott & Christie Eyecare Associates continues to set new standards in eye care through its commitment to delivering current technology advancements to not only support medical problems of the eye, but by also using technology to deliver a better quality of life for its patients.

As one of the region's most innovative and experienced eye physician and surgeon groups, the team at Scott & Christie Eyecare Associates offers innovative medical treatments with state-of-the-art ocular diagnostics. More importantly, notes William Christie, MD, cataract surgeon in the practice, "it can also provide the most recent technology to increase a patient's quality of life."

"Our patients tell us they appreciate the time our experienced doctors and staff spend with them explain-

ing their various options and opportunities for attaining better vision leading to an increased quality life," says Dr. Christie.

For example, Dr. Christie and his team is one of the first eyecare practices in the region to deliver cataract laser technology for any patients undergoing cataract surgery with the CATALYS Precision Laser System—the new standard in precision cataract surgery. The surgery, performed at the practice's ambulatory surgery center in Cranberry, lasts less than 15 minutes and is nearly painless, with little downtime.

Traditionally, cataract surgery resulted in a patient only having access to a single vision lens, providing only good distance vision. This resulted in most patients still needing glasses for reading and viewing objects close up. It also left patients with astigmatism since the surgery didn't correct this. However, with the introduction of CATALYS laser technology and Multifocal



"With Multifocal Lens Technology patients can have a full range of vision, reducing the dependency or eliminating eye glasses after surgery."

-Dr. William Christie

Focal Implant Lenses, it revolutionized how patients experience vision after cataract surgery. With Cataract Laser Surgery many key steps of the procedure that were manually performed can be completed with precision using the laser, leading to a customized vision treatment and a more gentle procedure.

"With Multifocal Lens Technology patients can have a full range of vision, reducing the dependency or eliminating eye glasses after surgery," explains Dr. Christie. "Combining both technologies, patients experience optimum vision results. With these new technologies, we can even provide patients with multi-focal technology for a full range of vision, before the development of cataracts, providing patients with better vision earlier in their life."

Selecting a skilled surgeon to provide these options to patients is important, says Jeffrey Rihn, the practice's chief financial officer.

(Continued on page 17.)



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Advancements Made in Treating Macular Degeneration

By Erica A. Hacker, O.D.

Do you know someone who has been diagnosed with macular degeneration? They most likely have trouble reading, shopping, and recognizing people's faces.

Macular degeneration is an incurable eye disease that affects the very center of the retina that we need for detailed vision. It is the leading cause of age-related vision loss in the United States, affecting more than 10 million Americans.

While this number is alarming and will increase with an aging population, the good news is that incredible progress and promising new treatments are being introduced in treating vision loss, ranging from tiny telescopes implanted in the eye to new medications to improved equipment and training techniques.

Anne, an 87 year old with macular degeneration, decided to take part in a low vision rehabilitation program and learned to use special

glasses to write her checks and a magnifier that she uses to teach her Sunday school class. As Anne said, "I am so hopeful now..."

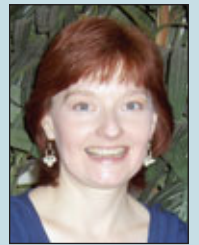
While Anne is being helped with training and instruction, patients with advanced macular degeneration might be eligible for a state-of-the-art procedure in which a tiny telescope is implanted in the eye. This new treatment is for the most advanced form of macular degeneration, which is considered end-stage. The telescope magnifies images allowing the person with macular degeneration to see details they could not make out previously. Following the telescope implant, patients require rehabilitation instruction by occupational therapists so they can learn to use this new vision.

Rehabilitation is key for all macular degeneration patients, whether or not they've had the telescope implant. For those whose vision loss has not progressed to end-stage, advances have been made in peripheral vision techniques that

allow these patients to see more details. Improvements also have occurred in prescribed equipment like lenses and magnifiers. New designs are lighter weight, easier to use, and offer better reading than traditional magnifiers.

Anne is a low vision patient at Blind & Vision Rehabilitation Services of Pittsburgh (BVRS), a 105-year-old nonprofit that is a leader in programs and services for people of all ages who are blind, vision impaired, or have other disabilities. The agency's mission is to change the lives of persons with vision loss and other disabilities by fostering independence and individual choice.

In addition to low vision services, BVRS offers comprehensive and personalized computer instruction, employment and vocational services, personal adjustment to blindness training, in-home instruction, vision screenings for children and adults, and an industrial employment program. Employment support services also are offered in Fayette, Greene, and Washington counties, and vision screening and transportation services are available in Somerset County. BVRS is accredited by the National Accreditation Council for Blind and Low Vision Services (NAC).



> Erica A. Hacker, O.D., is an Optometrist at Blind and Vision Rehabilitation Services of Pittsburgh. For more information or to make an appointment, call (412) 368-4400 x 2231.

Scott & Christie Eyecare: On the Forefront of Cataract Technology

(Continued from previous page.)

With ten years of Cataract Multi-focal Implant technology experience, Rihn says not all eye physician practices can deliver this cutting edge technology to patients. Dr. Christie has personally performed over 28,000 cataract procedures awhile his colleague, Daniel Zimmer, MD, has performed over 25,000 LASIK procedures.

"Experience like this delivers a safe, comfortable and quick surgical experience," says Rihn. "Selecting a medical practice that can provide these options and more importantly, explain these options, is critical."

As a partly covered medical procedure, Rihn stresses that patients should not miss this once in a lifetime opportunity to experience a fine tuned, full range of vision. Because cataract surgery only occurs one time in a patient's life, it's important for cataract patients to be educated about this technology

and more importantly to know they have options.

Maintaining offices in Fox Chapel Plaza and Cranberry, Scott & Christie Eyecare Associates provides ample free parking and accessibility along main highways and bus routes. Comfortable offices and its friendly staff helps make your time with them a pleasurable experience.

"Our experienced staff provides exceptional ophthalmic services and individuals who can truly answer any patient's questions and provide follow-up care as needed," says Dr. Christie. "We believe in continually evolving as a company in order to serve our patients' needs by providing them with higher levels of patient care, comfortable offices, and convenient locations."

> For more information, visit www.scottandchristie.com. Scott & Christie Eyecare Associates have locations in Cranberry Township (724-772-5420) and Fox Chapel (412-782-0400).



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St. Clair Hospital Welcomes Breast Surgeon Tara L. Grahovac, M.D.

By Nancy Kennedy

As a teenager growing up in Pittsburgh's South Hills, Tara L. Grahovac, M.D., excelled in her science classes at Thomas Jefferson High School. She recalls that she "always knew" that she would one day become a surgeon.

She prepared well, attending Ohio University as a pre-medical student and gaining acceptance to the University of Cincinnati College of Medicine. That was followed by years of top-notch, rigorous clinical training: a residency in general surgery at Allegheny General Hospital, and a breast surgical oncology fellowship at Magee Womens Hospital of UPMC and the University of Pittsburgh Cancer Institute, where she was trained in the most advanced breast cancer diagnostics and cutting-edge approaches to treatment. Her fellowship experience led her to her cho-

sen area of specialization: breast surgery and the care of women with breast cancer. Now, Dr. Grahovac, who also has an extensive background in research, has joined the staff of St. Clair Hospital and is partnering with one of Western Pennsylvania's most respected breast surgeons, Raye J. Budway, M.D.

As a partner in Budway Surgical Associates, Inc., Dr. Grahovac offers the most advanced diagnostic and therapeutic care to women at St. Clair Hospital's state-of-the-art Breast Care Center in Bethel Park. For Dr. Grahovac, St. Clair is a natural choice: a familiar setting known for having the highest standards for clinical excellence and patient care.

Breast cancer continues to be the most common cancer among women, but millions of women are surviving the disease. This welcome news is the result of a combination of factors, according to Dr. Grahovac. "Breast cancer is a



"A lot of young women drink alcohol on a regular basis and may not realize that having more than one or two drinks per day increases their risk of developing cancer."

- Dr. Tara L. Grahovac

dynamic field, with new information and technology emerging constantly. Advances in imaging technology, research, and treatment plus greater public awareness are all factors that are improving outcomes. There is definitely more awareness of the critical importance of early detection, meaning screening mammography, and knowing your risk factors."

There are two factors associated with increased risk of breast cancer that don't get nearly enough emphasis, says Dr. Grahovac. One is obesity. "The American public understands that obesity raises their risk of diabetes and heart disease, but they have not made the connection between obesity and cancer and this has to change. Maintaining a healthful weight, eating healthful food and getting exercise are of great significance in reducing your risk of cancer. Another factor is alcohol consumption. A lot of young women drink alcohol on a regular basis and may not realize that having more than one or two drinks per day increases their risk of developing cancer."

When a woman learns she has breast cancer, her reaction is usually one of shock, says Dr. Grahovac. "She is terrified and thinking the worst, but she needs to feel confident in her doctors. In the first visit, we convey to the patient that we're going to get this taken care of, and


we tell her exactly how. Before we even take out the cancer, we explain what we have to offer, all the tools we have. It gives the woman a sense of order, knowing there is a plan, and that is reassuring."

St. Clair Hospital's Breast Care Center opened in autumn of 2012 and has been extremely well received by patients from throughout the region. Featuring a spa-like ambience with the most cutting-edge diagnostic imaging technology, the Breast Care Center was designed to ease the experience of having a mammogram.

At the Center, specialists in breast surgery, diagnostic radiology, and plastic reconstructive surgery provide comprehensive, expert breast care services in an environment where clinical excellence is matched by comfort and convenience. "The Breast Care Center is an integrated model of care," says Dr. Grahovac. "This benefits the patient by providing care that is coordinated, without fragmentation and inconvenience. You can get diagnostic screenings, including breast MRI and 3-D tomography, as well as patient-focused treatment, all in one place. Our office, Budway Surgical Associates, is right here in the same building."

Dr. Grahovac, who is married and has two young children, looks forward to providing truly comprehensive breast care services to her patients. "I love what I do. As a surgeon, I get to make a difference. There is immediate gratification, and the response of the patients is amazing. They're so appreciative. The relationship with the patient is one of the things that drew me to becoming a breast surgeon. I'm happy to be at St. Clair, in the community where I grew up, using my education and experience to help my patients. Our mission is to give patients the best possible breast care, and that care will be delivered in a way that is compassionate, individualized and streamlined. Our practice has an exceptionally patient centered, personal philosophy that comes from Dr. Budway. She has a constant focus on the patient and I share her vision."

➤ To make an appointment for a mammogram at the **Breast Care Center** at St. Clair Hospital Outpatient Center - Village Square, 2000 Oxford Drive, Bethel Park, call **(412) 942-8150**. To contact the Breast Care Center, call **(412) 942-3177**.




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The International Myeloma Foundation Works to Educate and Empower Myeloma Patients

When Brian D. Novis was diagnosed with multiple myeloma, he was just 33 years old, newly engaged, and told he would only have three to five years to live. Little was known about the cancer of the bone marrow at the time, and there was no place for patients or their families to go for support. So he created one.

The International Myeloma Foundation (IMF) was founded in 1990 by Brian Novis, his then-fiancée, and now IMF President, Susie Novis, and Brian's physician, Dr. Brian G.M. Durie. The organization's mission is to improve the quality of life of myeloma patients while working toward prevention and a cure. The four main areas of focus for the IMF are research, education, support, and advocacy.

"We wanted to help prevent future myeloma patients and their families from experiencing the same sense of isolation we had to struggle with," Susie Novis said.

Approaching its 25th anniversary, the IMF hosts a variety of events across the country and around the world to better educate and support patients. These events include two-day Patient & Family Seminars and half-day Regional Community Workshops, both of which allow patients to interact with top myeloma experts and provide attendees with the most up-to-date myeloma research. The IMF also supports more than 250 support groups nationwide, including three in Pennsylvania: the Philadelphia Multiple Myeloma Networking Group, the Northeastern PA Multiple Myeloma Support Group of Wilkes-Barre, and the Pittsburgh Myeloma Support Group.

The IMF's multilingual website is a place for patients, their families, their caregivers, and doctors around the world to find the latest studies and myeloma diagnostic and treatment guidelines issued by the IMF's research

division, the International Myeloma Working Group (IMWG). The IMF also publishes many materials meant to further educate and empower, including handbooks, a weekly newsletter, a quarterly magazine, and the "Understanding" brochure series.

The world of myeloma has evolved greatly in the years since the IMF's founding. Though there is still no cure for the disease, novel therapies have improved outcomes for those who have been diagnosed, and everyone affected now has a wealth of knowledge available to them thanks to this invaluable organization. The IMF's Black Swan Research Initiative was launched in 2013 to find a pathway to a cure for myeloma. The initiative's team of international researchers will begin cure trials at the end of 2015.

The Pittsburgh Multiple Myeloma Support Group meets on the 2nd Tuesday of each month from 6:00 - 8:00 PM at Our Clubhouse, 2816 Smallman Street, Pittsburgh, PA 15222.

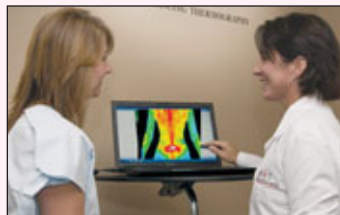
For more information, contact **Yvonne Yaksic** at **(412) 527-2702**; e-mail **pittsburgh@imfsupport.org** or **http://pittsburgh.support.myeloma.org**.

> If you have questions about myeloma and its treatment, a call to the **IMF InfoLine, 800-452-CURE** puts you in immediate contact with an IMF Information Specialist who can provide information and support. Or you can visit the website **http://www.myeloma.org** or email **TheIMF@myeloma.org**.

Early Detection Saves Lives

By **Bethany Narey, CCT**

When it comes to your health there shouldn't be any surprises, and especially not the kind that can be avoided. A brand new state-of-the-art technology called thermography now allows women to detect cancer far earlier than traditional testing. Breast thermography, also known as infrared imaging of the breast, is a pictorial representation of the infrared emissions of the breasts. A heat-sensing imaging device is used to detect subtle cell changes up to 10 years before other diagnostic tools. Thermography is also non-invasive, painless, and has NO radiation.



Today one in eight women are diagnosed with breast disease; however, traditional practice is for a woman to have her first mammogram between the ages of 40 and 50. This leaves a dangerous void for young women.

Until now there have been no options available for women too young to receive a mammogram, or those who find them uncomfortable or do not care to expose themselves to radiation. Thermography provides a safe alternative and earlier detection for ALL women.

Breast thermography scans are able to detect the very first signs that cancer may be forming - up to 10 years before other traditional procedures and long before a tumor is dense enough to be seen with mammography. Early detection can lead to earlier diagnosis and better treatment options. Annual thermograms are just like going to your primary care doctor or your OBGYN physician yearly. Your annual thermograms allow you to monitor your breast health and changes that occur year by year.

Women today are more health conscious than ever. We know the benefits of detecting disease at an early stage. Thermography is one the latest tools available to enhance the well-being of women in our community.

> We invite you to visit **Health Enhancing Thermography** at 110 Fort Couch Road in Bethel Park. Call Health Enhancing Thermography **(855) 254-HEAT** or visit us at **www.heat-images.com**. **SAVE \$20.00 off your scan when mentioning this article.**

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Support Groups Are Valuable to Everyone

By Wendy Myers, MSW, LSW

As a social worker for 25 years I have loved facilitating cancer support groups for the Cancer Caring Center, a non-profit cancer support organization located in Bloomfield. We offer support and resource services to patients and their families. When someone is diagnosed with cancer they are in shock and I describe it as a roller coaster ride for the entire family – some days you are at the top of the hill and hopeful, feeling in control; other days you are in the valley feeling overwhelmed, hopeless and out of control. If you learn to ride this roller coaster you will survive, but if you get stuck in any of those valleys it could mean a setback both physically and mentally for the patient and the family. Open communication and discussion with your doctors as well as your family can also help navigate those hills.

Support groups have a valuable place within the treatment process and beyond – they bring together others who are going through simi-

lar experiences and allow members to talk about them openly without judgment. Overwhelming thoughts, fears and concerns can be shared.

Most importantly what I have witnessed is that hope is being shared with one another – many people fear that the groups will be depressing but it is exactly the opposite – members become a part of a special family that they are not related to genetically but share common concerns regarding their illness/disabilities.

Just the idea that you are not alone can alleviate stress and anxiety that patients and families can be experiencing. Some patients will call in for help and think they are going crazy – once they talk with a social worker and join a group they begin to understand these are NORMAL feelings.

Some groups offer speakers on various topics that may be helpful to patients and families, such as yoga meditation, art therapy, nutrition updates and discussions led by physicians on various topics. Other groups are an open forum about

issues facing current members that particular month. Some groups are disease specific, such as breast, lung, brain, colon and Young Adults. Others are general groups for any type of cancer that welcome both patients and family members. What has become more important in the groups as the years have gone by is the sharing of information regarding treatment options and side effects and coping techniques that may be helpful to someone newly diagnosed. Sharing can also give patients other treatment ideas to talk with their physician about that they may not be familiar with at the time. Advice on how to navigate a hospital stay and insurance issues can also be discussed – all topics that will help patients and families to feel more control over their illness.

Our motto at the Cancer Caring Center is “Don’t Confront Cancer Alone.” Attending a support group and giving it a try may be one of the best choices you can make on your journey fighting any illness.

Once you have gone through a serious life-threatening and debili-

tating illness there is a sense of grief in the loss of your life prior to that illness; however, a support group can help you move from illness to a new beginning.

Some of the members in my group have become good friends as well as support group members over the past 25 years. One gentleman was given 6 months to live with a rare blood disorder and he is now cured 16 years later. He continues to come to support group meetings to give others hope as well as to touch base with his dear friends. If you are interested in a support group, call and give it a try. You may be pleasantly surprised to find the best kind of medicine – love, understanding and support!

➤ For more information, you can reach the **Cancer Caring Center** at **(412) 622-1212** or **www.cancercaring.org**.

Study Shows Cancer Pain Can Be Reduced with Massage Therapy

By Jim Stark

I recently attended an American Massage Therapist Association conference in Pittsburgh. I found the experience very exciting because I learned new techniques for reducing foot pain and improving the range of motion of joints. I also learned about the benefits of massage therapy for cancer patients. We also discussed research studies that support the importance and healing power of massage.

A research study by Gabriel Lopez, MD, at the MD Anderson Cancer Center in Texas found that when patients are suffering pain as a by-product of chemotherapy, massage could significantly lower the pain level. Lopez is the Assistant

Professor, Integrative Medicine Program, Department of Palliative, Rehabilitation and Integrative Medicine, at the MD Anderson Cancer Center.

For this to occur, the patient’s treatment plan needs to be integrated. In other words, the doctors and therapist need to communicate, share information, and jointly plan to have the best medicine and appropriate therapy administered. The team involved in this study took a holistic approach that included nutrition, exercise, rehabilitation, acupuncture, massage therapy, psychology, chaplaincy, meditation, yoga, social work, support groups and education. The study measured pain, fatigue, nausea, depression, anxiety, shortness of breath,

appetite, drowsiness, feeling of well-being, and sleep as reported by the patient. By measuring the effectiveness of this coordinated approach, medications could be safely reduced. As a result there use of opioid medications could be reduced and some of the side effects were mitigated.

The takeaways from this study is that an integrative approach in cancer treatment is safe and evidence-based, and:

- recognizes the importance of taking into account the unique needs of individuals affected by cancer,
- Seek opportunities to learn and build confidence, builds trust

• Using a team based approach produces good results

So if you are undergoing painful procedures, talk to your doctor to see if massage therapy might be integrated into your treatment. Some of the benefits of massage are reduced stress, anxiety, muscle tension, and pain which may improve sleep, promote relaxation, increase the range of motion, increase cardiovascular health and generally improve your quality of life.



➤ For more information or to make an appointment at **Beaufusion Massage**, call **(724) 255-6610** or visit **www.beaufusion.com**



Heritage Valley Launches Comprehensive BreastCare Program

Heritage Valley Health System is expanding its commitment to providing the best health care for women by launching a comprehensive breast care program for women in our region. Beginning in October, Heritage Valley BreastCare will offer a full range of services from screening and diagnostic breast imaging to treatments for breast cancer, coordinating care throughout the entire process. All services will be available locally, in the Heritage Valley network.

“For many years, Heritage Valley has provided high quality mammography screening,” said John Luellen, MD, Vice President and Chief Operating Officer, Heritage Valley Health System. “The Heritage Valley BreastCare program deepens our reach by offering treatment for breast cancer by committed, high quality physicians. This means that women in need of breast cancer treatment will not have to travel outside of the region to receive quality care.”

The primary location for the program is the Heritage Valley



Heritage Valley BreastCare offers a full range of breast care services. Pictured (l to r) are members of the Heritage Valley BreastCare team, Beverly Feragotti, MBA, RT(R), director, Heritage Valley BreastCare, Missy Thompson, patient advocate, and Michele Marweg, breast care navigator.

Women’s Health Center, a facility dedicated to the special health care needs of women, located in Center Township. Heritage Valley BreastCare is comprised of a multidisciplinary team of experts that include radiologists, surgeons, radiation and medical oncologists, pathologists, psychologists, specialized mammography technologists, ultrasonographers, a breast care nurse navigator and a patient advocate.


Heritage Valley BreastCare has two tiers. The first involves screening mammography, the proven most effective tool for early detection of breast cancer. Screening

mammography at Heritage Valley is convenient and accessible with eight community screening locations. Heritage Valley offers full field digital mammography for screening and diagnostic mammograms, 3D full volume breast ultrasound, 2D breast ultrasound, and Breast MRI.

“We provide advanced breast imaging services and also have the capability to perform all needed breast intervention procedures, such as MRI, ultrasound, and stereotactic guided breast biopsy procedures,” said Justin Torok, M.D., Medical Director of Breast Imaging at Heritage Valley Health System. “Our radiologists are board-certified, ded-

icated breast care imaging specialists who are passionate about their work. Our physicians have been trained at some of the leading health care organizations in the United States.” The second tier of the program is a diagnostic pathway to evaluate patients with breast cancer. Heritage Valley BreastCare has a Breast Care Nurse Navigator to support patients and coordinate follow up care and other services determined to be appropriate for the patient’s circumstance.

“The goal is to provide a seamless pathway for patients from screening through additional supplemental diagnostic procedures to a treatment plan,” said Beverly Feragotti, director, Heritage Valley BreastCare. “The Breast Care Nurse Navigator and Patient Advocate are really the hub, they reach out, coordinate care and support patients during what can be a stressful, uncertain time.”

 For more information about **Heritage Valley BreastCare** log on to www.heritagevalley.org/breastcare or call (724) 378-7000.



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SKIN CARE

Premier Dermatology Provides Outstanding Skin Care

By Nancy Kennedy

At Premier Dermatology, the delivery of care is as seamless and flawless as an infant's perfect skin. Continuity of care is a highly valued standard at this exceptional facility, where patients experience smooth transitions among the distinct but complementary services that make up Premier's continuum of advanced specialty care. Premier Dermatology is part of Premier Plastic Surgery, Dermatology and Acqua Blu Medical Spa, a unique medical practice that integrates the clinical specialties of plastic surgery and dermatology with a medical grade spa and fully-accredited surgery center. With its cadre of highly credentialed, expert professionals, Premier offers a comprehensive range of clinical and aesthetic services under one roof.

Premier Dermatology's staff cares for patients of all ages, from infants to the elderly, treating a wide range

of skin conditions. The practice also focuses on preventive care, and treating sun damaged and aging skin. Ana C. Busquets, M.D., F.A.A.D., joined plastic surgeon and Premier founder Brian V. Heil, M.D., at Premier in 2008, bringing impeccable credentials and expertise. She is a board certified dermatologist and a Fellow of the American Academy of Dermatology who graduated with honors from Harvard University and completed medical school at Northwestern University Medical School. Among her areas of interest are skin cancer screening and treatment, removal of benign skin lesions, chronic skin disorders, and allergic and immune skin conditions. Dr. Busquets says that Premier's blend of services is much more than a convenience: it actually brings about better outcomes for patients.

"When a patient comes in to see the dermatologist, often for a consult about a skin lesion or rash, we can offer them my expertise to treat

medical profiles



Dermatologists at Premier Dermatology include (l. to r.) Susannah McClain, MD, FAAD, Christopher J. Foti, PA-C, (center) and Ana C. Busquets, M.D., F.A.A.D.

it, plus we can offer a referral to plastic surgery if it looks like it may require excision," she explains. "It can be done aesthetically in order to minimize scarring – many such lesions are in a body part that is visible. Thus we are able at Premier to

incorporate the dermatology practice with the plastic surgery practice, and the spa as well. We offer our patients the best skin care imaginable - a combination of all the expertise in the different clinical services that are together under one roof. A patient may come in for a skin treatment, and the laser specialist notices something that needs to be checked out by dermatology. It's the right hand talking to the left hand – and our patients love it."

For Christopher J. Foti, PA-C, Premier is an ideal setting where he can provide the highest quality care. He is a board-certified physician assistant who is a graduate of Chatham University; he has spent his entire 15-year career specializing in dermatology. "The skin is a barometer
(Continued on following page.)

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(L - R) Zak Koban, PA-C, Brian V. Heil, MD, FACS, Christopher Foti, PA-C, Susannah McClain, MD, FAAD, Amanda McGaughey, PA-C, Ana Busquets, MD, FAAD

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Premier Dermatology

(Continued from previous page.)

of general health," Foti says. "I love dermatology because it involves all branches of medicine and all types of patients. It's true medicine. We see transplant patients, cancer patients, patients with connective tissue disease, diabetics – many health conditions involve the skin. We treat the whole patient here."

Like Dr. Busquets, Foti believes that Premier's continuity of care is a primary factor in the outstanding quality of care. "So much care today is fragmented. It's hard on the patient – you have to get a referral, make an appointment, wait and come back. It's easy for things to fall through the cracks. We have a lot of elderly patients who come in with basal cell carcinomas. Here, they can get everything they need at one time in one location."

Skin cancer screening is emphasized at Premier Dermatology. "We do the most comprehensive skin cancer checks," says Dr. Busquets. "In western Pennsylvania, we have a paradoxical situation. Our winters are long, and we have many cloudy days – one might think that means less risk of skin cancer. The opposite is true, however: you need some sun exposure, and if you get it infrequently, you're more likely to get burned and have damage."

According to Dr. Busquets, skin cancer screening needs to be promoted by primary care physicians: "It's best done by a dermatologist

because we are proficient at picking up on the things that may be pre-cancerous."

Both Dr. Busquets and Christopher Foti find dermatology personally satisfying. "Helping a person with a skin condition is greatly rewarding," says Dr. Busquets. "When the condition is visible, it has a high emotional component for the patient. There's a stigma attached to having a visible skin problem and it affects your confidence." Adds Foti, "It's a privilege to work in a clinical situation like this, with access to excellent physicians and state of the art equipment. When you have a work environment like this, it makes you a more competent and efficient provider. Professionally, it's a joy to be here, to be part of a first-rate organization."

In October, Premier Dermatology will welcome board-certified dermatologist Susannah McClain, M.D., to the practice.

Premier Plastic Surgery, Dermatology, and Acqua Blu Medical Spa, with locations in Wexford and Upper St. Clair, provides convenience, efficiency and clinical excellence in a beautiful, comfortable environment that holds the patient in the highest regard.



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In 2012, Sheldon Mba collapsed on his way to his high school end-of-year ceremony. He had been battling lingering stomach ailments and fatigue, but thought it was just from the stress of final exams. After being rushed the hospital, doctors determined Sheldon was battling severe aplastic anemia and PNH, two rare bone marrow failure disorders. Doctors told Sheldon his best hope for a cure would be a marrow transplant.

Three years later, Sheldon is still searching for a matching donor. Like 70 percent of patients, Sheldon does not have a match in his family. He has made it his mission to increase the number of potential marrow donors on the national Be The Match Registry®, not only for himself, but for others who also need matching marrow donors—particularly African Americans.

That's because patients are most likely to match someone who shares their ancestry, and African American patients have the lowest chance of finding a match compared to all other ethnicities. More African American donors are urgently needed.

Every three minutes someone is

diagnosed with blood cancer. People like Sheldon depend on Be The Match® to find a marrow donor—a stranger who could be their cure.


To join the registry as a potential marrow donor, people need to be between the ages of 18 - 44, willing to donate to any patient in need and meet health guidelines. Registration involves completing a health history form and giving a swab of cheek cells.

If called, there are two ways to donate. About 77 percent of the time, the patient's doctor requests a peripheral blood stem cell (PBSC) donation, which is a non-surgical, outpatient procedure. If the patient's doctor requests marrow (about 23 percent of the time), the donation process is a surgical procedure performed in a hospital. General or regional anesthesia is always used for this procedure.

We all have the power to help, the power to be the cure.



We all have the power to help, the power to be the cure. To learn more about becoming a marrow donor, or to join the Be The Match Registry online, visit BeTheMatch.org.

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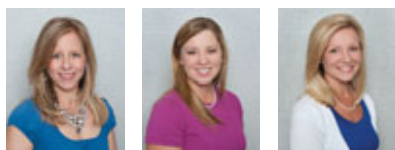


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Hearing Health

Why Is Hearing Loss Still Undertreated In The U.S.?

By Nicole Wasel, Au.D., CCC-A

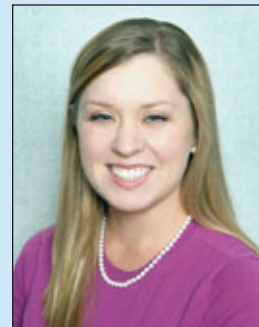
Hearing loss is the third most prevalent chronic health condition facing older adults, but only a fraction of those who might benefit from treatment actually seek help. It turns out this isn't just an American thing — it happens in the United Kingdom also. A new survey from the U.K. finds that 93 percent of those with hearing loss knew either nothing or very little about it prior to their diagnosis, and 46 percent are doing nothing about it.

Those attitudes are strikingly similar to those of individuals in the United States, with one major exception: U.K. treatment rates are far higher. Approximately 6 million individuals in the U.K. could benefit from treating hearing loss while only 2 million use hearing aids — a treatment rate of about 33 percent. A study published in the Journal of the American Medical Association in 2012 suggested there are 22.9 million Americans who could treat their hearing loss with hearing aids but don't.

Research over the past 15 years has only begun to stress the importance of seeking treatment when hearing loss becomes a factor in daily life. The four in five Americans that don't use hearing aids can sometimes delay treatment for so long that communication becomes problematic. Because hearing loss often occurs gradually, few who suffer from it realize how it affects all aspects of health, including overall quality of life.

Impaired hearing is strongly associated with increased risk of dementia, anxiety, and depression, as well as poorer physical and mental health. Hearing loss can cause fatigue because of the strain of trying to hear. This can lead to stress, which causes other health issues such as headaches and sleeping and eating problems.

The psychological and social



> Dr. Nicole Wasel, Au.D., CCC-A, is committed to providing patient education, counseling and hearing solutions to patients of all ages and abilities.

She works at **Washington Ear, Nose and Throat** located at 80 Landings Dr., Suite 207, Washington, PA 15301. Dr. Wasel is a member of the American Speech, Language and Hearing Association. Dr. Wasel also serves as a field instructor for both West Virginia University and University of Pittsburgh audiology students. To make an appointment, call **(724) 225-8995**, or email nwasel@washingtonent.net or www.washingtonent.net.

detriments of hearing loss are intertwined. Being unable to hear what's being laughed about or keep up with the conversation can cause multiple feelings like frustration, depression, and embarrassment.

Learn more about your hearing health by scheduling a hearing test and consultation with an audiologist.

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Hearing Affects Everything Between Your Ears

by Dr. Lori A. Howard and Dr. Laura Di Pasquale-Gregory

We hear with our brain, not our ears. If you're like most people, you're used to thinking of hearing as something that happens in your ears. What people often don't think about is what happens between their ears, in the hearing part of their brain. That's where sound becomes information that has meaning and your brain has to work hard to make this happen.

When you listen to a conversation, your ears and your brain work together as a system, with your brain doing most of the heavy lifting. Your brain is what helps you focus in on a conversation and separate out unwanted noise. The brain uses the information from your two ears to orient you by figuring out which direction sound is coming from and it's in your brain that sound waves become sounds that you recognize. These tasks are happening continuously and simultaneously inside your brain.

There is a direct relationship between your hearing and brain function and when you have hearing loss, this relationship is disrupted.

In recent studies by researchers at Johns Hopkins and the National Institute on Aging:

- Individuals with hearing loss experience a 30-40 percent accelerated rate of cognitive decline.
- Decrease in brain stimulation due to hearing loss contributes to brain atrophy.
- The brain becomes smaller with age, however the shrinkage seems to be fast tracked in older adults with hearing loss.
- Older adults with hearing loss are more likely to develop problems thinking and remembering than older adults whose hearing is normal.

That's why it makes sense to take care of your hearing health the same way you care about the rest of your health: There's a lot more riding on it than just your hearing. In a study done at Johns Hopkins University School of Medicine, "results show that hearing loss should not be considered an inconsequential part of aging, because it may come with some serious long-term consequences to

healthy brain function." According to research, better hearing can improve cognition by exercising the brain, which reduces the risk of dementia. Also, individuals who seek better hearing report engaging in more social activity, having more energy and experiencing less frustration.

Fortunately, there have been significant breakthroughs in modern hearing aid technology. This new technology delivers the purest signal possible in a way your brain is best able to understand. The result is a more natural, effortless listening experience in all environments including noise. Having a diagnostic hearing evaluation performed by a Doctor of Audiology is an important first step. By identifying and correcting hearing loss sooner than later your entire auditory system, including your Brain Function, will benefit.

**Frank Lin, M.D., Johns Hopkins and the National Institute on Aging*



Dr. Lori A. Howard and Dr. Laura Di Pasquale-Gregory are Board Certified Doctors of Audiology at **Pittsburgh Audiology Hearing Aid Center, Inc.** For more information, call **1(888) 826-0950** or visit the website www.pghaudiology.com.



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Fitness

Celebrating 15 Years of Wellness for Washington County

by Bryan Braunlich and Amy Day

On October 1st, 2015, Washington Health Systems Wilfred R. Cameron Wellness Center will celebrate its 15 Year Anniversary – a celebration that highlights its commitment to providing 15 years of Wellness for Washington County.

Throughout the month, the center will celebrate its members, especially its Charter members, who were the original members who joined the center before the building was constructed. These members are a testament to the strength and determination of the great people of Washington County who seek to improve their health and wellness and see value in living that lifestyle for the community.

Highlighted below are a few stories from these members who continue to maintain and improve their lives through their dedication and continuation on their path for wellness.

The theme that all of our charter members shared was their commitment to fitness; however, why they continued their memberships remains deeply personal for these individuals. Debbie Rheel stayed for the chance to live better, longer. “[It’s] just my desire to be healthy,” she explains. “I want to be here a long time. [W.R. Cameron Wellness Center] has classes, quality instructors, and friendships that support me in that goal.” Debbie is matched in her resolve to live a longer life by Virginia Rockwell and her desire for greater vitality. “I’m motivated by the people around me,” Virginia explains. “I’m about to turn 79, and want to be the best I can be – I am determined that I will keep moving. I see people in walkers, wheelchairs and with canes, and they motivate me to push through.” Both of these women will continue to see great results with their

continued pursuit of wellness.

Some charter members joined for not only themselves, but also for the wellness benefits for their family members. Cara Dobbin explains, “The Wilfred R. Cameron Wellness Center has been a lifesaver for our family. Over the years we have utilized nearly every aspect from the nursery when our kids were toddlers, to the learn-to-swim program, to family time on the weekends, to personal training sessions, to individual fitness class offerings, to the outdoor fitness trail, to having physical therapy sessions when my son fractured his femur, to utilizing massage therapy.”

For Richard and Dolores Stofko, they have stayed members to age healthier, together. “Coming to W.R. Cameron Wellness Center every day keeps my mind and body healthy,” says Richard. “I hope I’m able to keep working out [here] for a long time.” Dolores agrees. “I’m so happy we have a nice place we can use.”

Washington Health Systems Wilfred R. Cameron Wellness Center continues to celebrate its members’ successes as we remain the regional leader in health and wellness. Our facility continues to grow as we help more Washington residents achieve their goals through our state of the art facility with our degree-certified staff. We look forward to the next 15 Years of Wellness for Washington and hope that the community continues to support our mission of a healthier Washington, PA.



To learn more about the Washington Health System Wilfred R. Cameron Wellness Center, visit www.wrcameronwellness.org. For membership information, call (724) 250-5208.



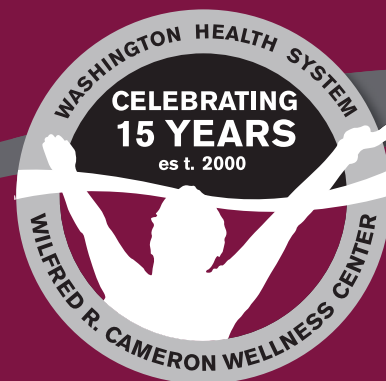
“I’m motivated by the people around me. I’m about to turn 79, and want to be the best I can be – I am determined that I will keep moving. I see people in walkers, wheelchairs and with canes, and they motivate me to push through.”

-Virginia Rockwell

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Emergency Care
Hospice and Palliative
Medicine
Heart, Lung and Vascular
Services
Orthopedics and
Neurosciences
Surgical Services
Women's Health Services

Wilfred R. Cameron
Wellness Center
Health & Fitness Center
Corporate Wellness Services
Spa Harmony
Live Well Yoga & Pilates

Medical Plaza - Wellness Way
Outpatient Rehabilitation
Services

Physical Therapy
Occupational Therapy
Hand Clinic
Speech Therapy

Sports Medicine
Wound and Skin Healing
Center

Outpatient Center - Neighbor
Health

Diabetes Education and
Management Program
Family Medicine Center
Laboratory
Occupational Medicine
Radiology

Outpatient Center - Meadows
Landing

Women's Center
Lab Services
Tri-State Surgery Center

Greenbriar Treatment Center
Inpatient Drug and Alcohol
Rehab Services

Donnell House
Hospice Care
Palliative Medicine

Strabane Trails of Washington
Senior Independent Living

Strabane Woods of Washington
Senior Assisted Living

Canonsburg

Family Medicine Center -
Canonsburg And Laboratory
Services

Cecil

Outpatient Center - Cecil
Family Medicine Center
Diagnostic Center

Peters Township

Medical Plaza - Peters Township
Children's Therapy Center
Diagnostic Center-Peters
Township

Waynesburg

Medical Plaza - Greene County
Laboratory
Radiology EKGs

Greene Hospital

Inpatient and outpatient services
including:
Cardiovascular Services
Diagnostics
Emergency Care
Surgical Services

Greene Plaza

Wound and Skin Healing
Center
Center for Recovery and
Wellness

Bullying is Everybody's Problem, Says National Expert Dr. Matthew Masiello

By Nancy Kennedy

CHILDREN'S HEALTH

Although some may view it as an innocuous, even "normal" childhood rite of passage, bullying is anything but that. Its consequences can be profound, life altering and long lasting. It does tremendous harm to the victim, the victim's family and the community. It even harms those who witness it, and it harms the bullies themselves. It is linked to school shootings, substance abuse, dating violence and to later criminal activity.

It is not a problem of schools and children; it is a national, public health problem with implications for everyone. According to a local physician who is considered one of the leading international experts on the issue, bullying can be prevented - and every school can be the safe, healthy, learning and growing environment that it is intended to be.

Matthew Masiello, M.D., M.P.H., F.A.A.P., Chief Medical Officer at The Children's Institute of Pittsburgh, is one of just 11 national experts recently appointed to the Institute of Medicine's (IOM) Committee on the Biological and Psychosocial Effects of Peer Victimization: Lessons for Bullying Prevention. The Committee will ultimately provide recommendations that will inform future policy and practices, and spur further research on promising approaches to bullying prevention.

Dr. Masiello was selected based on his visionary leadership national-

ly and internationally in the area of school-based bullying prevention. He is the architect of a highly effective bullying prevention initiative that has become a prototype. "As a pediatrician in Cambria County a decade ago," he explains, "I oversaw a public health team that received a grant from the Highmark Foundation to expand our bullying prevention program to all of southwestern Pennsylvania. We were able to bring a Bullying Prevention program to more than 500 schools and 200,000 kids. We published a book 'A Public Health Approach to Bullying Prevention,' which represents ten years of our work. We presented a public health approach and our program has become a national model."

Dr. Masiello defines bullying as repetitive, aggressive psychological or physical activities directed toward an individual who is not in a position to defend themselves. The Centers for Disease Control and Prevention goes further, labeling it a form of violence. Bullying, says the CDC, is any unwanted aggressive behavior by a youth or group of youths that involves an observed or perceived power imbalance and is repeated multiple times.

Bullying may take several forms:

Physical: hitting, tripping, starting fights

Verbal: teasing, name calling, ridiculing

Relational: spreading rumors, social exclusion

Electronic: using email or social media to bully

Bullying inflicts immediate harm through physical injury, emotional distress, sleep disturbances and poor school performance. It can result in anxiety and depression, which may persist throughout life, and even suicide. The long term consequences, according to Dr. Masiello, are complex and significant. "Children who have been bullied have an increased rate of criminal activity, broken marriages, relationship issues and substance abuse."

Dr. Masiello's comprehensive and compassionate approach to bullying does not overlook the needs of the bully. A bully can be a popular student, he says, who is seeking attention. "Bullying has to start with an adult someplace. It is a behavior that is learned at home. The parent may be violent, abusive or may have been bullied at work. We absolutely have to help the bully. At first, the response was zero tolerance and kids who bullied were expelled. That's not the answer. You have to convert the bullies by helping them gain insight into their behavior. We also know that bystanders who witness bullying are affected, and we need to convert them to become active and intervene."

Bullying is more dangerous now than ever before, warns Dr. Masiello. Those at risk to be bullied are children and youths who are quiet or perceived as different, those with low self-esteem, children with spe-



cial needs, LGBT youth and those who lack friends.

It will take a coalition of systems to change the culture in the schools, according to Dr. Masiello. Pediatricians, educators, law enforcement, government and private citizens need to become informed about bullying and its consequences and make a commitment to eliminate it. "It will take education, funding and new policies. It will also take time - it's a long term commitment. The goal is to empower everyone to take responsibility for safe environments for children, in schools and communities.

"Kids never forget the fear, anxiety, humiliation and anger they felt when they were bullied. Too many kids go to school every day without feeling like they have a single friend," he says. "Those kids don't feel safe at school. We can change that child's life by getting everyone in the school engaged in this. It may take a few years to transform the culture, but it can be done."



Dr. Matthew Masiello

For more information, you can reach Dr. Masiello at (412) 420-2400.

Sheep Health Care Center Celebrates 5th Anniversary Caring For the Uninsured

LOCAL NEWS

Imagine a young man named Toni in his twenties (True Case) going to see his doctor at his local clinic and being told by the office staff he couldn't be seen because he had no insurance and couldn't pay. Toni was feeling very bad. He was tired all the time and going to the bathroom all the time. He could hardly stand due to his legs being so swollen and painful. Who was going to help him? Toni was dying but did not know it yet. Who was going to help him? He really couldn't afford the Accountable Care Act insurance due to the high deductibles he couldn't pay. He couldn't go to the Emergency Room and get a bill he couldn't pay.

The story ends well as Toni came



to the Sheep Health Care Center where we provided free care and direction to diagnose his uncontrolled diabetes, kidney failure and eventually life saving Kidney Transplant. This is but one of many compassionate care stories to be told.

Sheep Health Care Center has

been in operation since November 4, 2010. We opened our doors with just a handful of volunteers willing to freely serve those with no health insurance and in need of medical care. Our patient census was small at first, but since then, has grown to over 100 per month. Our volunteer staff of over 80 Physicians, Nurse Practitioners, Physician Assistants, Registered Nurses, Pharmacists, Chaplains and Non medical personnel give above and beyond their capabilities because they are dedicated to helping those in need.

For every \$1 dollar donated, the clinic gives \$8 to \$10 dollars back in free care due to our awesome volunteers donating free time and expertise at what they do so well, loving people. Through the donations of

individuals, local businesses, and churches, we were able to give \$30,000 dollars in free prescriptions and lab work to our patients and to run the clinic this past year.

The clinic celebrates its' 5th Anniversary this year. We are committed to furthering our financial growth and stability so that we can effectively grow our clinic, its offerings, and our reach to meet even more of the needs of those in the Monroeville and surrounding communities.

The Sheep Health Care Center is open every Thursday evening from 5:45pm - 8:30pm. The clinic is located at 4651 Old William Penn Highway, Monroeville. For more information, call (412) 856-7900 ext 36.



CHILDREN'S HEALTH

Advice For Parents On Advocating For Special Needs Children

By Elizabeth Waickman,
Jewish Family & Children's
Service of Pittsburgh

Parents of children with special needs frequently worry about how to help them manage their day-to-day life. While figuring out how to raise and advocate for their child, parents can also struggle with the additional task of maintaining their own emotional wellbeing.

Linda Marino, special needs resource coordinator at Jewish Family & Children's Service (JF&CS) and the mother of an adult child with autism, works with individuals with special needs and their loved ones to help them manage and find appropriate resources. Resource coordinators like Marino are knowledgeable advocates who help parents and professionals support special needs children and work through disagreements and obstacles to identify solutions.

She suggests the following tips can often be a good place for parents to start when it comes to addressing needs, challenges and emotional bal-

ance for themselves and their children.

- **Help professionals get to know your child**

"In most cases, parents know their child better than anyone," Marino said. "You will be working with everyone from educators to medical professional and everyone in between, so they will need to understand your child as well. Having people on your side who understand his or her needs and how your child operates is crucial."

- **Become knowledgeable**

Organizations serving individuals with special needs, as well as resource coordinators like Marino, are a good place to start for parents who are feeling overwhelmed when sorting through information and resources. "There are more resources out there than ever before, and you have the opportunity to become as knowledgeable as possible," Marino



Parents of Children With Special Needs...
Go to www.guidetogoodhealth.com
for more stories, information just for you!
For FREE Subscription, email your address to
goodhealthmag@aol.com

said.

"You need to learn as much as possible about education law and all systems that will affect your child in the future. Know your child's rights and know what you want for your child—and most importantly, know how to get it."

- **Practice patience**

"Understand that you have to be patient with the system; processes and paperwork take time," Marino said. "At the same time, sometimes professionals don't understand where you're coming from. Explain that you're struggling, and ask for patience when you need it. Always keep your cool and remind yourself and others that this is not about the battle—it's about the child. Creating adversarial relationships could be detrimental to you and your child."

- **Prepare yourself for your child's transition to adulthood**

"As hard as it is to think so far ahead, your child is going to age out of certain programs and benefits as they enter adulthood," Marino said. "Make sure that transition planning is included in their IEP as early as

possible. Consider what options exist for your child and include him or her in conversations about their future. Get on waiting lists early, and start putting plans in place so you're not scrambling when the time comes."

- **Seek out support**

If you're feeling overwhelmed or need help, seek out support through counseling services such as JF&CS's Squirrel Hill Psychological Services. Reach out to family members, friends and community members and find advocacy or support groups and people who can relate to your situation. If you can't find the time or resources to attend a support group or counseling session, Marino suggests internet forums can be a place to find connections with like-minded parents.

Marino said that most parents struggle at first with accepting their child has special needs and the challenges that lie ahead. She suggests that early intervention and open communication with all involved parties are often the best way to support and advocate for a child with special needs.

"Above all, be kind to yourself," Marino said. "Recognize that there will be changes and challenges throughout the entirety of your child's life, and prepare yourself. Parents sometimes blame themselves and they think they're not doing enough—but you are doing the best you can, and deep down, your child knows that."

➤ For more information about services and resources for individuals with special needs and their loved ones, visit www.jfcsphg.org or call JF&CS at (412) 422-7200.

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CHILDREN'S HEALTH

Early Intervention Therapy in Autism Provides An Enormous Advantage For A Child



An early diagnosis can be valuable to insure that a child has every possible advantage to address delays associated with an autism spectrum diagnosis. Most recently, screening for Autism as early as 2 years of age has been recommended by the American Academy of Pediatrics. With greater awareness and understanding of the signs and symptoms, the prevalence of the diagnosis has gone from 1 in 150 children in the year 2000 to 1 in 68 children in 2010.

Nichole Merz, a teli Developmental Therapist has been working with children with autism for more than 10 years both in homes and in a therapeutic preschool setting. "While it may be difficult for parents to recognize a developmental delay, the ability to identify the signs of autism early and take action is such an important step on the way to the child's future development." reflects Nichole. "The primary delays that are associated with autism tend to be in relation to social and communication skills. Typically a screen for autism is completed by pediatricians at the 2 year well child visit and based on those results appropriate referrals will be recommended."

In Nichole's work at teli, she has supported many families on their journey to confirm diagnosis and identify further resources. "Families may come to us with concerns about their child's communication or behavior. We encourage them to consult with their pediatrician or a psychologist for further evaluation. Based on the results of that evaluation we will work as a team to support the family and the child."

Here are some of the typical behaviors of children with autism that parents have shared with Nichole:

- My child does not talk and seems to have trouble understanding me
- My child can't describe what they want or need and gets very frustrated in the process
- My child has trouble understanding directions
- My child doesn't engage with other children to play
- My child doesn't make appropriate eye contact with others

Dependent on the need, teli Speech Therapists, Occupational Therapists and Physical Therapists have extensive experience in coaching families to help the child.

"A child that can't ask for what they need may gain some help through the use of photos or pointing to begin to identify needs. A visual calendar or schedule are also beneficial to help the child identify what is coming next in their day" notes Nichole. "For children having trouble with following directions or processing a request, the introduction of pairing a gesture with verbal cues can help."

When working children when a social interaction with others is difficult, Nichole has some valuable suggestions for families "We support the child by modeling play and encouraging imitation. Social stories are also very helpful to explain social interactions to a child. These stories provide visual guidelines to describe situations and behaviors to help the child understand how to manage a social concept or interaction."

The range of therapies available to support families affected by autism has grown over the years as awareness has grown. While the diagnosis is never easy to process, the work of the therapists at teli can provide parents with a number of skills to help their child. "We work very closely with parents to transfer the skills we are using with their child. I think the most important thing we can do is teach parents how help their child."



Nichole Merz



For more information or to learn more about Early Intervention or Outpatient Rehabilitation for children with Developmental Delays, call teli at (412) 922-8322 or check out www.telipa.org. teli serves families in Allegheny and Washington Counties.



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CHILDREN'S HEALTH

Pediatric Palliative Care Coalition Plans November Conference

By Nancy Kennedy

The loss of a child is an unspeakable tragedy. Parents and families who endure this most profound of losses have enormous needs, for emotional support, information, guidance and compassion. Their often overwhelming needs are best met by professionals who specialize in pediatric palliative and hospice care, providing this extraordinarily humane, comprehensive and personalized care to children with life-limiting conditions. Prominent among these professionals in this region is Scott Maurer, M.D., a board-certified pediatric hospice and palliative medicine specialist at Children's Hospital of Pittsburgh who serves as the Medical Director of the Supportive Care Team.

Every day, Dr. Maurer and his colleagues offer parents and families their superb clinical expertise along with their humanity, walking with them on a journey that no parent ever expects to take. "In pediatric palliative care, we are constantly aware of the enormity of the parent's loss and grief," Dr. Maurer says. "One of our most important roles is to support them as good parents to their dying child. We help them with the difficult decisions and support them as advocates for their child."

It's a tall order. Pediatric palliative and hospice care is unique even within the specialty of palliative care – because of the youth of the patients, the goal is to both prolong life and assure the highest possible quality of life, goals which are not easily compatible at times. Supporting pediatric palliative care providers is one of the goals of Pennsylvania's Pediatric Palliative Care Coalition (PPCC). PPCC is a statewide, grass-roots collaborative jointly developed by the Pennsylvania Children's Hospice and Palliative Care Coalition and Helping Hands – Healing Hearts, a volunteer program initiated in 2004 by Fox Chapel Presbyterian Church in Pittsburgh. These two visionary, dedicated organizations combined their resources in order to create PPCC and achieve their shared goal of improving quality of life for children in Pennsylvania with life-limiting conditions. "Children are absolutely an underserved population in terms of availability and quality of palliative care services," says Dr. Maurer. "Children who live in rural areas may not have access to quality hospice providers or even home care providers with pediatric expertise."

PPCC is part of a national movement to address this deficiency, says Executive Director Betsy Hawley, and towards that goal, the organization will hold its first statewide conference in November, bringing much needed attention to the unique and significant role of hospice and palliative care in the lives of children and families who are living with medically complex and life-limiting conditions. The one-day conference will take place in Harrisburg on November 5, 2015 and is intended for health care professionals, families, volunteers and others who are invested in promoting and improving pediatric hospice and palliative care services throughout Pennsylvania and surrounding states.

Please join us for our Statewide Educational Conference
The Unique Role of Pediatric Palliative Care
in the Life of a Medically Complex Child

Thursday, November 5, 2014
Sheraton Harrisburg Hershey Hotel
For more information visit ppcc-pa.org
or call 412.848.8950.



Working together for medically fragile children.

The conference features a number of dynamic, expert speakers who will present in-depth discussion of issues. The keynote speaker is Dr. Maurer, who will address decision-making support for families. Special Guest speaker Leese M. Allen, Deputy Secretary, Pennsylvania Department of Human Services, Office of Medical Assistance Programs, will discuss the Affordable Care Act's concurrent care for children requirement. At the afternoon luncheon buffet, each table will have an expert seated with the participants, to lead small group discussions and answer individual questions.

A highlight of the conference promises to be the after-lunch presentation of the one-hour film, *The Magic Bracelet*. The film was written by 15-year old Rina Goldberg, who died of mitochondrial disease before it was completed; the screenplay has been adapted by Diablo Cody, well known as the Oscar-winning writer of the acclaimed 2008 film *Juno*. Directed by Jon Poll (*Meet the Fockers*), the film will be followed by a discussion with Rina's parents, Stacy and Ari Goldberg, about their daughter's life and legacy. Other sessions will focus on ethical issues in pediatric palliative care; communicating about death and dying with families and children; and easing transitions among various settings as the child and family navigate the continuum of medical and social services.

"This conference will be an enlightening and moving experience," Dr. Maurer says. "PPCC is having a positive impact across the state in improving the quality and availability of palliative and hospice care for children and families, through efforts such as this conference. Thanks to PPCC, the medical community is paying greater attention to this issue. PPCC is raising public awareness, educating healthcare professionals, advocating for families and making a difference."

> To register, learn more about the conference, or arrange to exhibit/sponsor, visit www.ppcc-pa.org or call (412) 963-8243.

Ask The Experts

Q: My granddaughter just turned two years old and doesn't speak. In all other ways, she appears to be fine. Should her parents be concerned?

A: By two years of age, children are using many different consonant sounds, imitating words, using names of familiar people, naming pictures in books and starting to put two words together: "more juice, Daddy home". Sometimes words are being said that we, as adults, may not recognize as words because they are not pronounced clearly. Some children may omit a sound or substitute one sound for another. Speech sounds follow a developmental path; it would take a Speech Pathologist to evaluate whether or not the sounds are typical for a child's age.

Sometimes children do not have a reason to speak if their needs are being met. Children should be given the opportunity to learn words and use them to make requests, greet others and ask questions. They need positive feedback from the adults in their world to let them know that communicating with others can not only get them what they want, but it makes everyone around them so happy to hear them talk!

If you have concerns about a child's speech and/or language development, talk to the pediatrician to get a referral for a Speech & Language Evaluation by a Speech-Language Pathologist. An SLP has a state license and a Certificate of Clinical Competence (CCC) from the American Speech-Language-Hearing Association.



> Deborah Uram, M.S. CCC/SLP is a Speech-Language Pathologist at The Early Learning Institute (teli) and Director of teli's Outpatient Rehabilitation division with offices in Monroeville and Greentree. To make an appointment or more information, call (412) 922-8322 or visit <http://www.telipa.org/>

CHILDREN'S HEALTH

Educating Students With Visual Impairments: Curriculum Challenges

By Jillian Pritts, CFRE, M.A.

Nationwide, schools for the blind have worked to implement blindness-specific skill development for their students that extends beyond the core curriculum. These important blindness-specific skills comprise the Expanded Core Curriculum (ECC).

For a student who is blind, learning from traditional sources such as textbooks is woefully insufficient. To fully understand these functional concepts and subjects, and to eventually live as independently as possible, students who are visually impaired must learn an additional set of skills known as the "Expanded Core Curriculum." Essential life skills including orientation and mobility, social interaction, independent living and communication modes such as braille, are to be taught alongside basic academics.

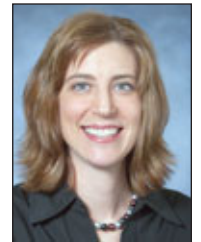
Every day at the Western Pennsylvania School for Blind Children, instructors and therapists are challenged with how to customize and adapt instruction to meet each child's needs, so that every student achieves success. All of our classrooms have boys and girls with unique abilities, challenges and sensory deficiencies. Customized Individualized Education Plans are prepared to outline specific, student-centered goals and objectives. Specially designing



an educational program for our students has always been a complicated equation.

Recent education reform has created an even more complicated calculus. Adoption of Pennsylvania's Common Core Standards demands a change in educational policy, strategy and practices. Pennsylvania's Common Core Standards offer a set of high-quality academic expectations in English, Language Arts and Mathematics that all students should master by the end of each grade level. Matching the expectations of these standards with the challenges confronted by children with profound multiple disabilities is itself a profound challenge.

To meet new regulations and stay on the forefront of educating students who are blind or visually impaired, WPSBC began a review of our current curriculum in the summer of 2013. We have adapted and personalized our curriculum and the ECC to reflect the additional challenges our students face. The new curriculum will have to incorporate the life skills components from our current programming, as well as other Expanded Core Curriculum and the academic components. We strive to provide service that is as exceptional as every student we serve throughout Pennsylvania.



> **Jillian Pritts, CFRE, M.A.**, is an Institutional Advancement Manager at the **Western Pennsylvania School for Blind Children**. For more information, contact Jillian Pritts at (412) 621-0100 or email prittsj@wpsbc.org

Get the Flu Vaccine for Yourself and Your Children

(Continued from page 3)

dehydration and pneumonia.

Flu can also result in severe exacerbation of underlying conditions such as asthma, heart disease or COPD. Certain populations are especially vulnerable to flu and its complications: the elderly, young children, pregnant women, those who have existing chronic conditions and those whose immune systems are compromised by illnesses or immunosuppressive medications.

Bottom line: flu can kill you – even if you are generally healthy. "The oldest, the youngest and the sickest among us are the most vulnerable, but a surprising number of otherwise healthy children, teenagers and young adults will also die of flu every year," Dr. Ketyer warns. "No matter how healthy and strong you think you are, and no matter how 'average' the predictions are for the coming flu season, don't push your luck. Everyone should avoid the flu at all costs."

Flu vaccine is one of the safest and most effective public health tools available, and it's available at doctor's offices, clinics, pharmacies, senior centers and even supermarkets. It's easily and quickly administered, it won't make you sick, it barely hurts and it's probably covered by your

health insurance. This year, the forecast is bright for better vaccine efficacy, after last year's viral mutation that made the vaccine less effective than hoped for.

Dr. Ketyer has been a practicing pediatrician since 1990. He is a native of New Jersey who attended medical school at Northwestern University and completed a residency in pediatrics at Children's Hospital of Pittsburgh. He was one of the founders of Pediatric Alliance and served as its president from 1997-2004. He is the editor of the popular "PediaBlog" website, which has loads of useful information for parents. Dr. Ketyer is the father of three children and lives in the South Hills.

"When you get the flu vaccine for yourself and your children," he says, "you may be saving lives: your own, theirs, and maybe mine and my kids' lives. You're protecting your loved ones and the loved ones of your neighbors, co-workers and people you've never met. It's a small act that has enormous benefits: the flu vaccine saves lives. Get your flu shot."

> To learn more about **Pediatric Alliance** visit the website www.pediatricalliance.com. Pediatric Alliance is the largest physician owned pediatric practice in our area with 13 locations.

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Learn To Manage Media and Create the Life You Are Meant to Live, says Dr. Nancy Mramor Kajuth

By Nancy Kennedy

In 2015, we exist in a sea of media. Daily, from dawn to dark, the media is available, primarily through technology – in our homes, cars, workplaces and schools. There seems to be no escape from the constant messages that seek to entertain, inform and persuade us. They come to us in a wide variety of ways – from newspapers and magazines to TV shows, radio and the Internet. Although we invite the media in, it often feels overwhelming, and can impact health and well-being. Studies have shown that constant media intake may have consequences to one's physical, mental, emotional and spiritual health.

But there is an outlet, and more importantly, a way to effectively take charge of your relationship with the media and make it a healthy one, says popular, nationally renowned psychologist and media expert Nancy Mramor Kajuth, Ph.D. "So much media availability puts a lot of pressure on individuals. There is a feeling of needing to keep up with the latest thing on Facebook or Twitter. Many of us feel a need to be a part of everything that comes our way – sign this petition, join that group, share this video – and it can make you feel anxious. Or, the media can have an almost hypnotic effect; Internet addiction

happens when you become glued to your phone or computer, afraid to miss anything."

What you actually might be missing, Dr. Mramor Kajuth warns, is your own life. It's more than a matter of spending time watching cat videos – TV, movies and the Internet can change a person's beliefs and their efforts to meet their personal goals. In essence, the uncon-

scious viewing can change your genuine goals to ones you absorb from media intake. "The media is certainly not a bad thing; it's wonderful and can do so much for you," she explains. "You need to be learning, laughing, connecting with others and having adventures, and the media can help you do all of that.

But, without even realizing it, you are picking up beliefs from the media. You pick up beliefs which blur your personal beliefs and goals and convince you that something is desirable when it's not authentic for you."

Dr. Mramor Kajuth noted in her therapy practice that many of her patients were experiencing frustration and unhappiness in trying to meet goals. "Many people were extremely critical of themselves and their partners. They had unrealistic expectations. I became aware that the source of much of this unhappiness was the messages they were

"Many people were extremely critical of themselves and their partners. They had unrealistic expectations. I became aware that the source of much of this unhappiness was the messages they were absorbing from viewing media."

-Dr. Mramor Kajuth



> Nancy Mramor is a Health and Media Psychologist and motivational speaker who breaks down how media effects your mental emotional and spiritual health. Find out how to **GET REEL: Produce Your Own Life** at www.realconsciousliving.com or contact Dr. Nancy at drnancy@realconsciousliving.com.



absorbing from viewing media. They were taking on unhealthy beliefs about themselves and their lives that did not mesh with their goals. Their beliefs had been subliminally picked up from TV viewing and they were unaware of this."

Dr. Mramor Kajuth feels so strongly about the need for people to become conscious of this phenomenon that she has written a book on the subject: "Get Reel: Produce Your Own Life" offers solutions that are educational, fun and effective. Dr. Mramor Kajuth writes about the ways the media shape us and offers strategies to consciously use this to one's advantage. "We can learn to direct this influence. I help people develop what I call Conscious Living skills – skills that empower you to view the media in ways that support your best interests. Each of you can manage your reactions to the media for yourselves. You have choices. The book gives the reader tools for viewing that actually become tools for living, which then become habits for success. It makes you aware of how the media shapes your thinking while entertaining you, and how you can use the same tools to succeed in life."

Conscious living, according to Dr. Mramor Kajuth, means being fully awake, aware and in the moment: "It's a vibrant way of life, true to you, and not based on the influence of the media, family, peers or other influences or the illusions they foster. Many people, especially those who struggle with relationships and body image, are heavily affected by what they see in the media. What TV presents is not real life – if most of us said or did the things the characters say or do on TV, we would create problems. The character's appearance and lifestyle imposes unrealistic goals which we absorb. We then feel frustrated when we try to create them unconsciously. If you watch TV consciously, you won't be influenced by it."

"Reel Life" is the culmination of Dr. Mramor Kajuth's appreciation of the media and decades of experience as a private practice psychologist, pop culture expert and highly sought media consultant. The book teaches the reader to use Conscious Living skills in order to take in what she needs to support authentic, personal goals that will lead to "real" life – the one each of us is meant to live.

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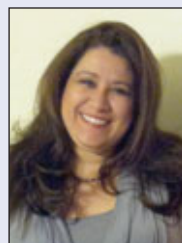
By Ruth Lorena

You are probably asking yourself what is this kind of energy? My question to you is: Are you familiar with REIKI? Integrated Energy Therapy® (IET®) is like Reiki with steroids.

Nowadays, we are bombarded with different healing techniques. I have tried a lot of them and this is the one that I like the most.

Integrated Energy Therapy® is one of the next generation - hands on - power energy therapy systems that get the "issues out of your tissues" for good! Developed at the Center of Being by Stevan J. Thayer, IET uses the violet angelic energy ray, as brought to us through the nine Healing Angels of the Energy Field.

Now your question may be "how can this IET help me?" When we feel tired and stressed, there are a lot of emotions that start piling up. The more stress we feel, the more unstable we become, and the more unstable we are, the more stress we create. This is a non-stoppable vicious cycle; we usually do not see the solution. The questions that arise for us are: How can I stop this stress? How can I relax? How can I enjoy life again?



The only way to be stress free is:

1. Acknowledge that you are in an unstable and unbalanced state of being.
2. Acknowledge that you are important and that you matter - not only to yourself, but also to those around you.
3. Ask for help and delegate to others things in your to-do list.
4. And the most important part is to find time to pamper yourself.

Integrated Energy Therapy can help empower and balance your life by safely and gently releasing limiting energy patterns. This healing modality is very powerful and will help you relax and be more in control of your life and emotions.

The session lasts an hour to an hour and a half. The results are amazing! And you have accomplished two things - you have taken time for yourself and how you feel - so relax.

> For more information, you can reach **Ruth Lorena** at **(412) 600-1269**, email Ruth@EnlightenedHealingEnergy.com, or visit www.EnlightenedHealingEnergy.com.

Women's Health After 40



FITNESS Over 40

by **Melissa Mattucci Lindberg**

Middle age is considered 45 to 65 years old. Individuals in this age range typically have a lot on their plate. They are caretakers, career women, housekeepers, short-order cooks, and spend nearly every hour of every day assisting someone with something. Unfortunately, one to-do item rarely makes the list... exercise.

No one can deny that exercise is important. Humans were built to move, and without regular physical activity, you quickly see (and feel) the effect. As we reach age forty-five and beyond, our bodies will experience many inevitable changes. Flexibility and strength tend to take the biggest hit since connective tissue becomes less elastic, and muscle

mass steadily decreases each decade. In addition, weight gain occurs more easily as a result of decreased muscle mass and metabolic rate.

Though the thought of these changes may be a bit overwhelming, it is important to remind yourself that you can determine the progression and extent of a lot of these changes. Listed below are some simple tips to keep exercise at the forefront of your to-do list:

Plan ahead.

Without proper planning, the odds of completing any task (exercise especially) are slim to none. If you belong to a fitness facility, but never find the time to go, start scheduling your workout. Sign up for a Monday night cycling class or a Tuesday morning bootcamp. Committing to a regularly sched-

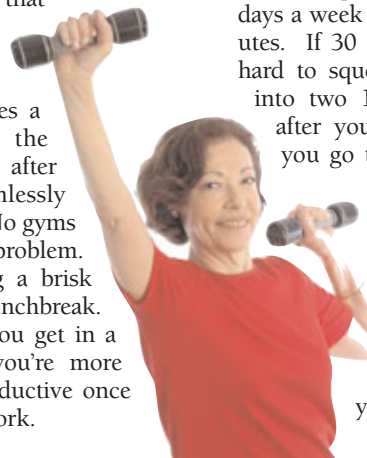


Melissa Mattucci Lindberg is Marketing/Membership Services Supervisor at the **Community & Recreation Center at Boyce Mayview Park**. For more information, visit www.twpusc.org/crc/crc-home or call (412) 221-1099.

uled group exercise class is a great way to make you more accountable.

Pack your bag.

A busy schedule leaves little room to get much done, so be prepared for any opportunity that presents itself. Keeping a gym bag packed and in the car makes a quick stop at the gym before or after work fit seamlessly into your day. No gyms close by? No problem. Consider taking a brisk walk on your lunchbreak. Not only will you get in a workout, but you're more likely to be productive once you return to work.



Take baby steps.

The American College of Sports Medicine (ACSM) recommends 150 minutes of moderate intensity exercise per week. Consider breaking this down into a little bit every day. For example, 30 minutes a day 5 days a week will give you 150 minutes. If 30 minutes at once is too hard to squeeze in, break it apart into two 15 minute increments: after you wake up and before you go to bed. Regardless of your current fitness level, incorporating exercise in your daily routine is an essential part of not just surviving, but thriving in those middle age years. Don't just say you want to get fit, do it!

Women Over 40 At Risk For RA

By **Debi Vieceli**

Women over 40 can be at risk for rheumatoid arthritis (RA), a painful inflammatory disorder that affects the small joints in their hands and feet. RA is considered one of the most painful and disabling forms of arthritis and is a condition that has long been feared. It is the second-most common form of arthritis, after osteoarthritis.

This chronic autoimmune disorder – which is three times more common in women than in men – affects the lining of joints. The result can be painful swelling that can lead to bone erosion and joint deformity.

At least 1.3 million adults in the United States have RA, which is a condition without a cure, but which can be controlled through early diagnosis and aggressive treatment. Less common is juvenile RA, which affects children before age 16.

An autoimmune disorder occurs when an immune system mistakenly attacks its own body's tissues. In the case of rheumatoid arthritis, the skin, eyes, lungs and blood vessels can be affected. It can cause damage to the cartilage, connective tissue, and bones.

The joints most commonly affected are feet, ankles, knees, elbows, shoulders, wrists, hands and fingers. RA affects joints in a symmetrical fashion, so if one hand or wrist is inflamed, the other hand or wrist likely will soon be also.

What causes the immune system to function incorrectly is not known. The vast majority of people with RA have no family history of the disease.

RA is difficult to diagnose. Not only are the symptoms similar to other illnesses, but they also can fade, come back, fade and then reappear elsewhere in the body.

If you or your primary care physician suspects you have RA, you should see a rheumatologist as soon as possible. The earlier you start treatment, the less chance for damage.

SYMPTOMS OF RHEUMATOID ARTHRITIS:

- Tender, warm, swollen joints
- Morning stiffness that lasts for hours
- Rheumatoid nodules, which are firm bumps of tissue under the skin on your arms
- Fatigue, fever, and weight loss



Debi Vieceli is a Care Manager for **UPMC Health Plan**. For more information about women's health, visit the website www.upmchealthplan.com/members/learn/womens-health/.

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Western Pennsylvania Guide to Home Care/Hospice

Loving Care at Home When You Need It Most



ARE YOU AMONG THE 70% OF AMERICANS WHO DON'T HAVE AN ADVANCED CARE PLAN IN THE EVENT OF A LIFE-THREATING ILLNESS OR INJURY?

No one likes thinking about his or her final days, but this type of planning doesn't have to be complicated. It is simply determining what type of life you are willing to accept in your final days. What does quality of life mean to you?

Want to be able to watch sports and drink a beer? Maybe you want to be able to have dinner with your family, go fishing, or frolic in the rain. It's all about what is meaningful to you and what tradeoffs you are willing to make to turn your wishes into reality.

Comedian Joan Rivers wrote in an advanced care plan that she wanted to be able to go onstage for an hour and be funny. Her daughter, Melissa, told *People Magazine* that knowing what her mother would have wanted had she been able to speak, "was an amazing gift."

"In a crisis, it's difficult for your family to make hard decisions about your care," says Lori Marshall, Hospice Director for Allegheny Health Network's Healthcare@Home program. "Advanced care planning empowers your family to make those decisions for you."

"It's not a one-time conversation. It requires time, sitting down with your loved ones, discussing what you want, and, more importantly, what you don't want. But if you've had those conversations and have a plan in place, your family will be able to give you the quality of life you want."

Advanced Care Planning:



A Gift to Yourself and Your Family

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When creating your advanced care plan, you should learn about and consider your options for hospice care. In the event that you receive a life-limiting diagnosis and treatments are no longer working, hospice care will help manage symptoms and pain so you can focus on living your best life.

"It's a change in perspective," says Marshall. "Your focus is on today, not down the line. Many patients live longer because we focus on living. Our goal each day is to make sure each patient is living the best life that they can that day." Hospice care is typically administered in the home and is less expensive than treatment in a hospital. Providers are available 24/7 and can help



"Many patients live longer because we focus on living."

-Lori Marshall

patients avoid inconvenient and costly trips to the emergency room.

Hospice is a Medicare-covered benefit and you qualify based on your diagnosis and physical assessment. You are able to revoke hospice care at any time based on your need and desires.

Perhaps the most important benefit of hospice is the compassionate, skilled, and dedicated providers who support you and your family to keep you at home, wherever home may be. "It's a privilege to be there and help patients go through their end-of-life journey and AHN's Healthcare@Home program is a great benefit for patients," says Marshall. "You have so many people working together to create a great, user-friendly patient experience. With Healthcare@Home, you never feel like you're out there all alone."



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5 Star Ratings for Home Health Care 4.5 Star Rating By Medicare

by Christina Lonigro

When you were planning your last vacation, did you check on the hotel and restaurant's 5 STAR rating? Did you check the 5 Star rating to purchase your car or television? Many check the 5 Star rating when making decision about the quality of a product or service. Companies proudly display the achievement of being awarded an excellent star rating.

In the past several years, the healthcare industry has taken a similar approach to evaluating the satisfaction in the quality of care that patients receive from hospitals, nursing homes and physicians.

The Affordable Care Act is improving the transparency of healthcare quality for consumers. It quickly identifies the home health agency by the number of stars received, the areas for improvement, and areas that the agency excels.

In July 2015, The Center for Medicare and Medicaid Services (CMS) released their star rating for home health care on their website, Medicare.gov; home health compare. The new rating system is scored on 1 to 5 Stars based on the performance and quality of care provided by the home health agency. There are 9 quality performance measures used to determine the star rating. Some of the

quality measures include the timeliness of care, how a patient's pain is controlled, and if the patient was re-admitted to the hospital.

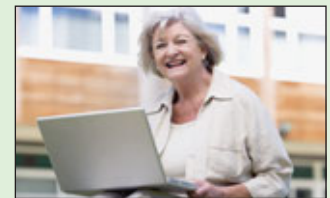
Interim HealthCare of Pittsburgh is proud to announce we have received a 4.5 Star rating. Here's what that means - this star rating is not quite like a hotel or restaurant star rating, which you may be familiar with, where only 4- and 5-stars are good quality. In fact, more than half of all home health agencies across the country fall in the middle with 3 or 3.5 stars.

The Home Health Compare star ratings are designed to empower patients like you by providing the information you need to make

informed healthcare decisions. However, they are also meant to encourage providers like us to strive for even higher levels of quality. And we will. We assure you that not only will you continue to receive the same quality care you've been receiving in your home, but we will also be working hard to make your experience even better.

 **Christina Lonigro** is a Patient Care Representative at **Interim HealthCare, Inc.** For more information on Interim HealthCare services, call **(412) 436-2200** or visit the website at **www.interimhealthcare.com**

Surviving to Thriving After 65+



By Elaine A. Malec, PhD

Attitudes about aging have changed over the decades. Prior to the 19th century only 2% of people lived past 65. In fact,

older people were so revered young people wore gray wigs so they would appear older. During the Industrial Revolution, it became "cool to be young" and aging fell out of favor. With the graying of the baby boomers, we now see an emergence of an improved attitude about growing old. Growing old is now about "growing"!

The issue now is not how do you survive past 65, but how do you thrive. Here are three of the top areas that make life after 65 not just about adding another candle to the birthday cake, but how to get the very best of those years.

• Connect, connect, connect

Although the reality is that as we age the list of people we have lost through death grows, it is as important as ever to find ways to stay connected. Social isolation and loneliness increases mortality rate by 2x.

Loneliness is also associated with the onset of dementia, heart disease and depression, so it isn't just a bad feeling; it's serious. Find ways to stay connected to the important people in your life, add new people, and re-connect with friends you've lost contact with.

• Be a Life Long Learner

Thriving after 65 requires a positive attitude about learning. People who keep learning do better after crossing over the magical number 65 than those who stop learning. Even though the fantasy of retiring and "doing whatever you please" sounds enticing, those who work (and work hard) at something they enjoy live longer and better. What about a buffer against dementia? Those who take up something completely new also gain a resistance to developing Alzheimer's Disease.

• Meaningful Participation

Whether you use your time rescuing animals, following your favorite sports team, campaigning for your local politician, or learning to sky dive - do it because it makes you feel alive. Thriving is about making a decision to live each day fully and with purpose.

By focusing on these three areas and incorporating them into your life, you will not only add quantity - you'll add quality.

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Imagine being able to visit on your lunch hour at work or at the end of the day when supervising homework. Instead of missing out on important visits because of other obligations, you can setup a visit remotely and use the travel time for connecting. Our signature service provides a laptop, a wireless connection and a trained provider to be with your aging loved one through the whole process. All they have to do is sit back and enjoy a real-time visit with the people they love.



Dr. Elaine A. Malec is the owner of **Connecting Hearts Senior Care Services, Inc.** One of the services they provide is "virtual visits" which connects seniors with their families in real time, making it possible to "be together" even when out of town. To learn more their home care services or their Home care Virtual Visits Living Lasting Memoirs, call **(412) 259-0281** or visit **www.Connectingheartsseniorcare.com**.

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 - Presbyterian SeniorCare at Home, South Main Street, Washington: **(724) 884-1300**
- For an overview of the services offered by Presbyterian SeniorCare at Home, visit www.SrCareatHome.org.

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Home Care

New AgeWell Visits Program Helps Seniors Stay Connected In Their Community

By Elizabeth Waickman,
Jewish Family & Children's
Service of Pittsburgh

For seniors who live alone, a lack of socialization and interaction with others can lead to mental or emotional health problems—or just boredom—but this can be easily improved by a friendly visit.

AgeWell Visits, a new companion program of the AgeWell Rides senior transportation program at Jewish Family & Children's Service of Pittsburgh (JF&CS), connects homebound seniors and those who live alone with volunteers for friendly visits in their home. Volunteer visitors chat with older adults, help with small household projects such as watering plants or organizing photos, play games like Scrabble or cards, cook or bake together – or participate in other shared activities that will help brighten a senior's day and help them remain connected to their community.

“At JF&CS, we recognized the need in our community to provide Pittsburgh's seniors with options and solutions related to their changing needs as they age,” said Jordan Golin, chief operating officer and director of clinical and elder care services at JF&CS. “AgeWell Visits is a much-needed program that not only helps older adults stay con-

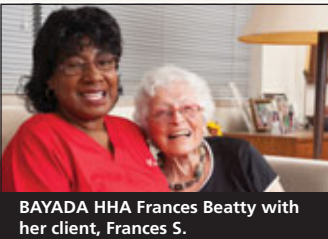
nected in their communities but also enriches the lives of our volunteer visitors.”

AgeWell Visits is available to seniors 65 years of age and older, who live alone or with their spouse and who are able to make and keep track of appointments. The program is a free service, but donations are accepted. Squirrel Hill, Oakland, Shadyside, the East End, as well as parts of the South Hills are among the neighborhoods currently served.

“In most cases, the seniors who have signed up for AgeWell Visits have what they need: a home to live in and food in the kitchen,” said Ellen Leger, elder care administrator at JF&CS and AgeWell Visits program coordinator. “But what they really want is company. There is a lot of loneliness out there in our community, and many older adults just want someone to talk to.”

Additionally, AgeWell Pittsburgh, a collaboration of JF&CS, the Jewish Community Center and Jewish Association on Aging, provides information and referral on issues related to aging and operates a network of services to help older adults remain healthy and independent without regard to race, color, religion, ancestry, national origin, place of birth, sex, sexual orientation, familial status, age, handicap or disability.

> For more information about **AgeWell Visits**, visit bit.ly/agewellvisits. To learn more about enrolling in AgeWell Visits or becoming a volunteer visitor, call (412) 422-0400 or email agewellvisits@jfcspgh.org. Information about additional services and resources for older adults and their loved ones is available www.jfcspgh.org.



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PUBLISHER/EDITOR
Nancy Lammie

ACCOUNT EXECUTIVE
Barbara Levenson
Brenda Metal-Confer

DESIGN & LAYOUT
JMC Graphics
(412) 835-5796

CONTRIBUTING WRITERS
Lisa Bianco, Daniel Casciato
Matthew Cichowicz
Vanessa Orr, Nancy Kennedy
Lois Thomson

WEB SITE DESIGNER
Keith Trageser
www.keithtrag.com
keithtrag@gmail.com

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Hospice

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Lutheran SeniorLife VNA Hospice has found a special way to honor those who have served our country, with guidance from the “We Honor Veterans” Program. We Honor Veterans is a national awareness campaign developed by National Hospice and Palliative Care Organization in collaboration with Department of Veterans Affairs to encourage partnerships between community hospices, state hospice organizations, and VNA facilities. The common goal is to provide the best possible care for Veterans in the best possible manner and setting.

In addition to providing great care to our veteran patients, as part of an honor ceremony, for the past 2 years VNA Hospice has honored veterans in the VNA Inpatient Hospice Unit on Technology Drive in Butler. When a Veteran is a patient at the unit, VNA invites a volunteer veteran to come to the facility to present the veteran patient with a certificate, a flag pin, and a wreath draped in an American flag which is placed on their door. VNA now also provides this same service to veterans in their at-home hospice program.

VNA's first at-home hospice patient to receive this recognition was Ralph Christie, Sr. who was honored by fellow veteran Jack Buzard. He was presented a certificate, a flag pin, a flag wreath and a flag blanket honoring his service and dedication to this great country.

Ralph Christie, Sr. was a Tech Sergeant in the United States Army during World War II. He participated in D-Day and the Battle of the Bulge and received the Chevalier Medal from the French Legion of Honor for



his service to help liberate France during and after the D-Day Invasion. Jack Buzard was in the Army in the early 1970's as part of the Vietnam War where he served in the U.S. Army Mortuary Services at DaNang, Vietnam.

Hospice care focuses on hope, comfort, support, and choice while providing physical, emotional, and spiritual care to patients and their families facing life-limiting illnesses.

> If you would like more information on VNA services or if you are a veteran and would like to be involved in our “We Honor Veterans” program, please call **1-(877) 862-6659**.


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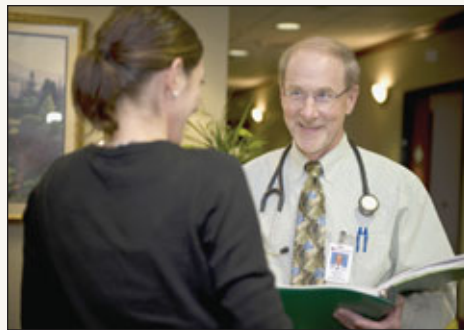
Hospice and Palliative Medicine – The Difference Is Significant

By Lois Thomson

Dr. Jeffrey Minter, Program Director for the Family Medicine Program and the Medical Director for Hospice and Palliative Medicine of the Washington Health System, is an expert on hospice and palliative medicine. In describing his background, Dr. Minter stated, "I'm a board certified family physician and also board certified in geriatrics and palliative medicine."

When asked about the differences between palliative medicine and hospice care, Dr. Minter stated, "Hospice is a Medicare benefit that was developed by Congress in 1982 to provide symptom-driven care for Medicare patients at the end of life. When selecting this benefit, patients are choosing to stop active treatment of the disease and instead focus on their quality of life and symptom management." Dr. Minter added that "by Medicare regulation requirements, hospice patients have a life expectancy of six months or less."

Dr. Minter further explained, "Palliative medicine, on the other hand, is available at any time and is focused on providing comfort to patients who are still undergoing active treatment." Patients receiving palliative services can still receive radiation, chemotherapy, or be admitted to the hospital for their congestive heart failure, etc. Palliative medi-



"In a sense, all hospice care includes palliative medicine, but not all palliative medicine is hospice related."

-Dr. Jeffrey Minter

➤ If you have a loved one who is in need of hospice or palliative services and would like additional information, call **Hospice and Palliative Medicine of the Washington Health System at (724) 223-3548** or visit whs.org.

cine patient symptoms are actively managed while getting active treatment. "In a sense, all hospice care includes palliative medicine, but not all palliative medicine is hospice related."

Dr. Minter began working with hospice patients in 1984 and started a palliative medicine consultation service for WHS inpatients in 2005. The WHS palliative team has expanded services to an outpatient clinic and care in extended care facilities. These services are provided by Dr. Minter and Leslie Harry PA-C in all of the locations listed. They receive considerable satisfaction from interacting with both types of patients: "Helping patients manage their symptoms while receiving medical treatment or assisting those with end of life issues with the goal of supporting a better quality of life. This permits patients to be able to interact with their families and not be burdened by pain, shortness of breath, or other interfering symptoms, which is exceedingly important."

As part of his palliative medicine work, Dr. Minter works with patients of all ages, from pediatrics to geriatrics. "Pain is one of the most common symptoms we deal with, along with shortness of breath, inability to eat, vomiting, constipation – any symptom you can think of that causes discomfort."

VITAS Healthcare's Volunteer and Bereavement Programs Provide Community-Wide Support

By Jennifer Malko

Established more than 35 years ago, VITAS Healthcare, the nation's leading provider of end-of-life care, has provided quality, compassionate end-of-life care to more than one million patients since its inception. In fact, its strong and innovative volunteer and bereavement programs also provide immense support to the community and continuously demonstrate the VITAS value: "We take care of each other."

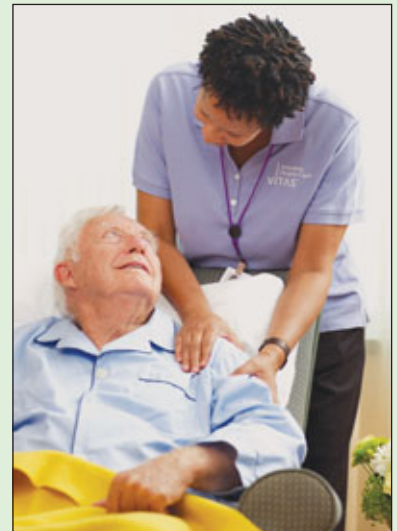
As a leader in the hospice field, VITAS recognizes the important role that volunteers and bereavement specialists play as part of its interdisciplinary teams that include physicians, nurses, home health aides, social workers and chaplains.

Volunteers bring to its patients' bedsides a high level of energy, warmth and compassion that complement the services provided by the professional health-care workers who comprise the rest of the team. Hospice volunteers are as diverse as the patients they serve, representing all ages, ethnic backgrounds and lifestyles, and ranging from students to retirees. Some volunteers are moving through their own grief processes after having lost loved ones. Some are military veterans who now support other veterans facing the end of life. VITAS even has furry, four-legged volunteers, "Paw Pals," teams of loving animals and their owners who are specially trained to visit patients and offer a special friendship that only pets can provide.

Bereavement specialists, on the other hand, bring to families an empathetic outlook and a variety of grief resources that can help to ease the grieving process after a loved one has passed away. That's why VITAS is committed to providing as much information and education possible to help families and community members who are going through a period of bereavement.

Volunteers and bereavement specialists enable VITAS to personalize, enhance and expand services we offer to our patients and families. Volunteer applications are accepted year-round.

➤ To learn more about becoming a VITAS volunteer, call **Amanda Olson at (412) 799-2152**. To learn more about VITAS' hospice-bereavement program or to attend a grief support group in your area, call **Patricia Brown at (412) 799-2123**.



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How to Avoid the Flu



By Nicholas DeGregorio, MD, FACP, MMM

Avoiding the flu is difficult to do during flu season. The flu virus is seemingly everywhere you have to be, or want to be. For instance, if you go to work, there's a good chance you can encounter it. Polls indicate that an overwhelming 85 percent of workers say they would come to work even if they have a cold or flu.

Even coming in contact with people who do not have flu-like symptoms is not necessarily safe. The flu is capable of being spread by contact 24 hours before the person spreading it even knows he or she has it.

Here are some important things to know about the flu and how it spreads:

- Flu lives from 20 minutes to two hours on surfaces such as doorknobs, counters, and phones.
- Flu spreads quickly among children at daycare centers because of close contact and toy sharing.
- Only the three types of flu virus that are most likely to occur in a given season are covered by the annual flu shot.

HERE'S SOME OTHER THINGS YOU CAN DO TO AVOID THE FLU:

- Avoid contact with people who are coughing or sneezing or who say they are sick.
- At work, only use your own phone.
- Wash your hands with soap frequently. Make sure you do so before you eat anything or touch your mouth, nose, or eyes. Use gel hand sanitizer when you can't wash.

The Centers for Disease Control (CDC) recommends a flu shot for most people who are six months of age or older. A flu shot is your best protection against the flu.

Once a flu shot is received, it takes about two weeks for the recipient to build up immunity.

However, it is important to know you have the capacity to fight back. Getting the annual flu shot as soon as it becomes available is always a good plan. And, continuing to take flu precautions after you've had a flu shot is also the right thing to do.



Nicholas DeGregorio, MD, FACP, MMM, is Senior Medical Director for UPMC for You, the largest Medical Assistance program in Western Pennsylvania. For more information, visit upmchealthplan.com.



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- **Techniques to Handle Challenging Behaviors** – Determine what techniques work best to manage different types of behaviors.
- **Activities to Encourage Engagement** – Learn about three types of activities – for mind, body, and soul. Discover various techniques to encourage your loved one to engage in an activity.



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Aging Population Means Increased Demand for Professional CAREGivers

By Monica Seger

The personal and home care job category will be the second fastest-growing job group in the nation over the next few years, according to the Bureau of Labor Statistics (BLS).

The good news is that this means plenty of career opportunities. The challenge is finding enough workers to fill these positions.

Home Instead CAREGivers help seniors live independently and safely in their own homes or in residential care facilities. The growing number of seniors who wish to age in place (about 86%, according to research), as well as the fact that up to 29 percent of Americans reportedly spend an average of 20 hours per week providing care for a chronically ill, disabled or aging loved one, is fueling the demand for more professional care providers.

"Typically, our CAREGivers help seniors with their non-medical needs such as companionship, personal care, meal preparation, light housekeeping, laundry, medication reminders, appointments and shopping," says Monica Seger, Home Instead Senior Care Human Resources Manager. "These are things that family members just can't do all the time. Particularly

when they are working and have other family obligations."

From a worker's point of view, the job requirements for being a home care provider are attractive. Comprehensive training is provided and CAREGivers have varying levels of education. A job such as this can give individuals an opportunity to work with others and make a real difference in the community. It's also a job where you can choose your schedule so it is ideal for those taking care of their own families or looking for a second job."

"We have female and male CAREGivers from every walk of life, and every age group," says Seger. "In fact, we've discovered that seniors themselves make great CAREGivers. The opportunity to schedule work hours is important to our employees, as is the comprehensive orientation, as well as the ongoing training and support we offer to develop our CAREGivers to be the best they can be."



Monica Seger is a Human Resources Manager at Home Instead Senior Care. For more information about a career in CAREgiving, visit www.homeinstead.com/CAREGIVER/JOB-REQUIREMENTS/ or call 1 (866) 996-1087.

Caregiver Resources

Recognize Yourself as a 'Caregiver' and Take Advantage of Supportive Services

By Emily Anderson

For many people, the word “caregiver” conjures the image of a professional, probably in scrubs, paid to provide help to an older person. When we tell people who are taking care of a parent, spouse, or friend that they are a “caregiver,” we often get the response, “No, I’m just doing what a good child/spouse/friend does.”

But what would happen if you weren't there? Would Grandma get her medications? Would Dad be able to get to his appointments? Would your neighbor shovel his own sidewalk in the winter? Would Auntie manage her own check-book smoothly? Would Mom forget to turn the stove off?

The help you provide to your loved one is invaluable to our society, and combined with the efforts of other people in similar situations, is worth about \$450 billion per year in the U.S. We rely on the things you do out of the goodness of your heart or a sense of duty, whether they are as small as checking on someone or as large as helping someone bathe and dress every day. So we gave you a title: Caregivers!

You might think you are doing what any decent person would do, and for many people it's a source of great joy ... but it's also a source of stress and sleepless nights and lots of running around. By recognizing yourself as a caregiver for someone you love, you acknowledge the important role you play in their life and gain access to many supportive resources for yourself and for your loved one.

If you care for an older adult in Allegheny County and could use some help dealing with stress, Familylinks' Caregivers First Initiative can help with tips and resources, free of charge. Contact us at (412) 924-0400, or read more online on our Allegheny County Caregiver Resources blog: caregiverblog.familylinks.org.

> Emily Anderson is a Care Coach for Familylinks Caregivers First Initiative.

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More on this free program: 412-924-0400 www.familylinks.org

Check out our blog for caregiver resources and tips: caregiverblog.familylinks.org



Caregivers First is generously funded by United Way of Allegheny County


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Senior Living

Western Pennsylvania Guide to Senior Living Options



Consulate Health Care: Providing an Unwavering Commitment to Compassionate Care

By Daniel Casciato

When handling the needs of an aging loved one becomes too risky to handle on your own or if 24/7 nursing care is required, it may be time to consider looking into healthcare options for help. One place to consider is the North Strabane campus of Consulate Health Care. While making the decision to have a loved one enter a healthcare environment is difficult, the North Strabane campus staff reassures family members that their loved ones are in professional, compassionate hands and are treated like their own family.

With two distinct care centers located on one gorgeous campus, Consulate Health Care of North Strabane and Consulate Retirement Village of North Strabane is proud to serve their community. The North Strabane campus' services range from comprehensive skilled rehabilitation and nursing to Alzheimer's and dementia care.

As one of the nation's leading providers of senior healthcare services, Consulate Health Care of North Strabane specializes in post-acute care. Operating nationwide across 21 states, the Consulate Health Care organization is the sixth-largest provider of senior healthcare services in the nation. Consulate Health Care of North Strabane has specialized services which include:

- 24-hour skilled nursing care
- Comprehensive post-acute care
- Physical, Occupational and Speech therapies
- "Your Journey Home" short-term rehab program
- Alzheimer's and dementia care
- Care for medically complex patients

Compassionate patient centered medical care, skilled nursing and rehabilitation services are provided by each center's professional team of



With two distinct care centers located on one gorgeous campus, Consulate Health Care of North Strabane and Consulate Retirement Village of North Strabane is proud to serve their community.

Registered Nurses, Licensed Practical Nurses, Rehabilitation Therapists, and Certified Nursing Assistants to ensure a safe transition home.

"Our compassionate caregiving employees take the extra measures to create the comforts of home during their stay," says Beth Refosco, admissions coordinator for Consulate Health Care of North Strabane.

Once a patient is admitted to Consulate, he or she is evaluated by Consulate's nursing and therapy staff within 24 hours to determine the best healthcare objectives, along with their doctor's requests, to get that patient back home safely and avoid a return visit back to the hospital.

According to Refosco, their goal is simple – to return each patient to the most optimal condition they are capable of achieving. "We're dedicated to getting everyone back on their feet and in their homes in a safe and seamless transition. As a result, we strive to provide excellence in compassionate care and



exceptional customer service."

In addition to caring for short-term rehab patients, Consulate staff also cares for medically complex patients. These services include orthopedic care, stroke and neurological conditions, dementia care, cardiac care, pulmonary, pain management, wound care and respite care. Refosco says their mission encapsulates what they do daily as ambassadors of care – "Providing Service with Our Hearts and Hands."

"We have a great responsibility to those who have entrusted us with their care or the care of a loved one," she says.

She adds that the success in achieving their mission requires that their Core Values of compassion, honesty, respect, integrity and passion be applied not only to residents and families, but just as importantly to one another and to the communities they proudly serve.

Consulate Health Care of North Strabane is licensed for 62-beds, with 22 private suites, private dining and accepts most major health

insurances including medical assistance.

The second way that Consulate serves the community is through the 90-bed Retirement Village. The Retirement Village offers Personal Care Services and a 12-bed Secured Memory Care Unit. This is where residents can live in apartments with assisted care on the landscaped and manicured grounds, complete with cobblestone patios, great views of the surrounding countryside and more.

"Our residents can live here long-term or for a short-term respite stay," explains Christine McGuire, director of admissions for Consulate Retirement Village of North Strabane. "Regardless of how long their stay is, they have day-to-day care with a staff that includes nurses and personal care assistants. Residents can receive therapy services at our rehabilitation gym, three meals a day and housekeeping all within a comfortable apartment setting."

The Retirement Village is a private-pay care center, meaning insurance cannot be applied, but long-term care insurance and Veterans Benefits are accepted. Residents have their choices from single, double or shared rooms. Amenities such as phone, television and laundry services are included. McGuire notes that there is a hair salon onsite and patients and residents can enjoy various activities planned by the center's activities department, such as bingo, bible studies as well as orchestrated outings for shopping, dining and more. Finally, residents at the Retirement Village also benefit from having LPN nurses on premises around the clock.

For more information on **Consulate Health Care**, call the admissions team today at **(724) 743-9000** or visit www.consulatehealthcare.com.



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-Ed Bires, retired postmaster

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The Importance of Recognizing Symptoms of Alzheimer's

by Dr. Marylou Buyse

As people grow older, the chance of developing Alzheimer's increases significantly. Alzheimer's is a progressive disease that affects the brain. It typically begins with memory loss and changes other intellectual abilities and behavior over time.

This year in the United States, one out of every three individuals ages 65 years and older will die as a result of Alzheimer's, according to the Alzheimer's Association. Even though Alzheimer's is more common among older adults, it can also affect younger people. In fact, up to 5 percent of people with the disease have what is known as Early Onset Alzheimer's, which often begins in a person's 40s and 50s.

Even though there isn't a cure, it's

important to familiarize yourself with the symptoms so you and your loved ones can recognize it early and start receiving treatments that can help slow its progression. A sign of memory loss, one of the most common symptoms of Alzheimer's, is if someone asks repeatedly for the same information during a short period of time. Another effect of memory loss is confusion surrounding time or place. For example, Alzheimer's can cause people to have trouble retracing their steps, because they can't recall how or when they arrived somewhere.

The disease may also cause an individual to have increased difficulty solving problems and completing familiar tasks, like using the microwave. Changes in mood and personality are also cited as symptoms of Alzheimer's. Someone who

has the disease may withdraw from co-workers, family and friends, which can often lead to depression and lethargy.

Although the leading risk factors for Alzheimer's — age and family history — can't be controlled, keeping your body healthy can benefit your mental health. Physical activity and a healthy diet not only helps you stay in shape, but also keeps your mind sharp. It's also believed that avoiding smoking and excessive alcohol use can slow the progression of Alzheimer's.

It's important to focus on what you can control. Maintain



a lifestyle that will keep your body and mind healthy and pay attention to the warning signs. Everyone can be forgetful at times, but if memory loss persists and starts to affect your daily routine, be sure to talk with your doctor. You can also speak to them about medications that help with memory loss as well as treatments for mood and behavioral changes.



> Dr. Marylou Buyse is senior medical director of senior markets at **Highmark Inc.** For more information about Highmark, visit the website www.highmark.com.

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Rehabilitation

For Your Own Safety and Health, Be Aware of Health Risks This Fall and Winter

By Elizabeth Miles

As the seasons change and fall comes into full swing, it's important that we all keep in mind some risks that are common during this colorful season.

At our inpatient rehabilitation hospital, HEALTHSOUTH Rehabilitation Hospitals of Pittsburgh, we often see patients who have experienced falls, had heart attacks or strokes, or become weakened by the flu. These types of injuries and illnesses become more and more prevalent during the fall and winter months.

Some patients over-exert themselves raking leaves or chopping wood and experience a heart attack or stroke. Others are walking outside of their homes, perhaps getting the mail or headed to their cars, and they slip and fall on slick wet leaves or ice, leaving them with a broken hip or other injuries. Then there is the flu and common cold. While these are often easily overcome by young, healthy individuals, sometimes seniors have a more difficult time getting over the illness and are significantly weakened once the symptoms have passed.

It's important that we remain aware of these risks both for our own safety and health, and for the safety and health of our loved ones.

If you are raking leaves or chopping wood, make sure you are cleared by your doctor to partake in these kinds of activities and take breaks often to ensure that you don't strain or exhaust yourself. Don't be afraid to ask for

Wash your hands often and if friends or family are sick, ask that they wait to visit until after their illness has passed.

help if you feel the task is too much.

Keep your walkways clear of leaves and ice as best you can and keep an eye on where you are walking to avoid falling on slick surfaces.

Wash your hands often and if friends or family are sick, ask that they wait to visit until after their illness has passed. The flu shot is also a great preventative tool to keep us safe from getting ill.

These coming months are a beautiful time of year and with a few simple precautions, it can also be healthy and happy.

> Elizabeth Miles is the Marketing Coordinator for HealthSouth Rehabilitation Hospitals of Pittsburgh. To learn more about rehabilitation services available at **HealthSouth Rehabilitation Hospitals of Pittsburgh**, visit www.demandhealthsouth.com. At our HealthSouth locations in Harmarville and Sewickley, our team of experts have extensive experience in today's most advanced therapeutic methods and technology.



Demand more from your stroke rehabilitation.

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Rehabilitation Hospitals of Pittsburgh

Harmarville | Sewickley
www.demandhealthsouth.com





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YOUR EXPERIENCE MATTERS

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Short-term rehabilitation designed with you in mind. That's MyLife.™ From customized care plans to hotel hospitality. There's no place like home. We just get you there faster.

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Explore careers at
www.srcare.org/careers

www.SrCare.org/experience
Oakmont Campus • 1.877.740.2179
Washington Campus • 724.566.5132

Presbyterian
 **SeniorCare**
Positively Living

DIRECTORY

In order to choose a health professional who is right for you, you need information. The following guide is a good place to start.



Visit www.guidetogoodhealth.com for more local health resources for you and your family

To be included in this Directory, call (412) 835-5796 or email goodhealthmag@aol.com.

Acute Rehab

Ohio Valley Hospital's Acute Rehabilitation Unit

412-777-6770
www.ohiovalleyhospital.org

Breast Care

Heritage Valley BreastCare

866-901-MAMO (6266)
www.heritagevalley.org/breastcare

St. Clair Hospital

Breast Care Center

412-942-3177 www.stclair.org

Cancer Support Group

Cancer Caring Center

412-622-1212 www.cancercaring.org

Cardiology

Jefferson Cardiology Association

412-469-1500
www.jeffersoncardiology.com
Office locations in Jefferson Hills, Belle Vernon & Jeannette

Children With Special Needs

The Early Learning Institute

412-922-8322 • www.telipa.org

Jewish Family & Children's Service of Pittsburgh

412-422-7200 • www.jfcsphgh.org

New Story

877-622-7245 • www.newstory.com
Locations in Dubois, Indiana and Monroeville.

Western Pennsylvania School for Blind Children

1-800-444-1897 • www.wpsbc.org

Diabetes Care

Allegheny Health Network Center for Diabetes

412-362-8677 • ahn.org

Ponsi Shoes

1-866-708-5825 • www.ponsishoes.com
Large selection of Diabetic Shoes.

St. Clair Hospital Diabetes Center

412-942-2151 • www.stclair.org

Ear, Nose & Throat

Washington Ear, Nose & Throat

724-209-1028
www.washingtonENT.net

Eye Care / Cataract Surgery/Rehabilitation Services

Blind & Vision Rehabilitation Services of Pittsburgh

412-368-4400 x 2231
www.bvrsppittsburgh.org
Helping people who are blind, vision impaired or have other disabilities achieve their goals.

Scott & Christie

Eyecare Associates

(724) 772-5420
www.scottandchristie.com
Locations in Cranberry Twp and Fox Chapel.

Foot & Ankle

Washington Health System Foot and Ankle Specialists

724-222-5635 • whsdocs.org

Geropsychiatric

Ohio Valley Hospital Willow Brook Geropsychiatric Unit

412-777-6420
www.ohiovalleyhospital.org

Health Classes

Westminster Recreation & Outreach Center (WROC)

wroc.westminster-church.org
Flow (Vinyasa) Yoga, Gentle Yoga, and Pilates to strengthen body and spirit.

Health, Wellness and Fitness Centers

Wilfred R. Cameron Wellness Center

724-225-WELL (9355)
www.wrcameronwellness.org
www.facebook.com/CameronWellness
70,000 square-foot facility featuring state-of-the-art cardio and resistance equipment, climbing wall, indoor track, lap pool, therapy pool, whirlpool, sauna, steam room, basketball court/gymnasium, spin/aerobics.

Hearing

Pittsburgh Audiology & Hearing Aid Center, Inc

Dr. Lori A. Howard
Dr. Laura Di Pasquale-Gregory
1-888-826-0950
www.pghaudiology.com

Washington Ear, Nose & Throat

724-225-8995
www.washingtonent.net

Holistic Healing Options

Holistic Approach 4 Life

412-221-0700
www.holisticapproach4life.com
Holistic healing options for stress, pain, infertility and cancer.

Home Health Care

A&M Healthcare Agency, LLC

412-793-3705 • am-hcagency.org
Our team of Home health aides, CNAs, LPNs, and RNs will deliver medically-based care in the comfort of your own home. We provide assistance in: activities of daily living, including bathing, cooking, house cleaning, medication maintenance/administration, wound care, diabetic accu-checks, IV therapy, transportation to/from medical appointments, nutritionist, social worker and physical therapy.

psa healthcare

412-322-4140

In-home healthcare services for medically fragile adults and children

Hospitals

Allegheny Health Network

412-DOCTORS
AHN.org

Ohio Valley Hospital

412-777-6161
www.ohiovalleyhospital.org

St. Clair Hospital

412-942-4000 www.stclair.org

The Washington Hospital

724-225-7000
www.washingtonhospital.org

Imaging

Health Enhancing Thermography

1-855-254-4328 (HEAT)
www.heat-images.com

Kidney Disease

DaVita

855-205-5615 • www.DaVita.com
Home and In-Center Hemodialysis.
Learn how to manage your kidney health at KidneySmart.org/class or call 855-343-4951.

Massage Therapy

Beaufusion Massage, LLC

James Stark
(724) 255-6610 • www.beaufusion.com

Medical Supply

Shoes, Mobility, Compression

Ponsi Shoes

1-866-708-5825
www.ponsishoes.com
Diabetic & Orthopedic Shoes, Custom Orthotics, Stair Lifts, Power Chairs, Scooters, Incontinence Supplies

Mental Health & Wellness

Enlightened Healing Energy

412-600-1269
www.EnlightenedHealingEnergy.com
Reiki, Magnified Healing, Integrated Energy Sessions

Nancy Mramor Ph.D.

412-445-5352
drnancy@realconsciousliving.com
www.realconsciousliving.com

Ohio Valley Hospital Outpatient Psychiatric Clinic

OVH Kennedy Twp Outpatient Center
8 Hattman Drive, Coraopolis
412-458-1331
www.ohiovalleyhospital.org
New outpatient psychiatric clinic.

Orthopedics

Advanced Orthopaedics & Rehabilitation

1-800-828-CAST (2278)
www.advancedorthopaedics.net

Allegheny Health Network Orthopaedic Institute

412.DOCTORS (362-8677)

South Hills Orthopaedic Surgery Associates

412-283-0260
www.southhillsotho.com

Pain Management

Ohio Valley

Pain Treatment Center

412-777-6400
www.ohiovalleyhospital.org

Pediatrics

Pediatric Alliance, P.C.

www.pediatricalliance.com
We offer quality, personalized, patient-centered care at 13 different locations.

Physical and Spiritual Health

Westminster Presbyterian Church

2040 Washington Road
Pittsburgh, PA 15241 • 412-835-6630
www.westminster-church.org
Westminster seeks to be a caring community of faith committed to bringing people to Christ and developing their faith through worshiping God together, teaching the faith, and serving in mission.

Physical and Spiritual Health

Westminster Recreation & Outreach Center (WROC)

wroc.westminster-church.org
WROC Mission: "To reach out to people for Jesus Christ and develop their faith through recreational activities and Christian fellowship." WROC offers a variety of fitness classes that range from beginner to advanced. Classes are held in our full sized gym or our fitness room. We offer quality instructors, low fees, flexibility, and child care for select classes.

Physicians

Washington Physician Hospital Organization Provider Network

See pages 28-29 • whs.org

Preferred Primary Care Physicians

McMurray - 724-941-8877
Dormont/Brookline - 412-561-3452
www.pppcp.org

Physical Therapy

Ohio Valley Hospital's The Balance Center

412-777-623
www.ohiovalleyhospital.org

Plastic Surgery, Dermatology & Medical Spa

Premier

Pittsburgh: 412-835-5550
Wexford: 724-933-1800
www.PremierPlasticSurgeryPA.com

Rehabilitation

HEALTHSOUTH Rehabilitation Hospitals of Pittsburgh

Harmarville/Sewickley
www.demandhealthsouth.com

Novacare Rehabilitation

159 Waterdam Road, McMurray
724-942-1511
Physical, Occupational and Aquatic Therapy. Incontinence Rehab. Massage Therapy open to the public.

Presbyterian SeniorCare

MyLife Rehabilitation Services
Oakmont: 1-877-740-2179
Washington: 724-566-5132
www.SrCare.org

psa healthcare

412-322-4140
In-home healthcare services for medically fragile adults and children

Spa Services

Spa Harmony At the Wilfred R. Cameron Wellness Center

724-250-5238
www.spaharmony.org
www.facebook.com/spaharmonyCWC
Pamper yourself at Spa Harmony. We offer an array of treatments and services including massage therapy, acupuncture, reflexology, reiki, manicures/pedicures, waxing/sugaring, skincare and body treatments.

Transportation Services

Washington Rides

724-223-8747
www.washingtonrides.org
Providing Door-To-Door Service to Person age 65 and older

Urologic Services

The Center for Urologic Care, P.C.

St. Clair Hospital Outpatient Center
412-833-3000

Jay B. Herman, M.D.

412-531-2522

Sholder And Bordeau Associates

Mt Lebanon 412-572-6194
Peter Twp 412-572-6194

Walk-In Tub

Keystone Bath

412-387-7002
www.KeystoneBathCompany.com
From a low-barrier tub-to-shower conversion to a simple soaker walk-in tub to luxurious, jetted whirlpool tubs, we have a full range of affordable safe bathing options.

Women's Health

K & J's Complete Woman

Monroeville: (412) 646-4661
Bethel Park: 412-835-5093
www.kjcompletewoman.com
Breast Forms, Bras, Wigs

Women for a Healthy Environment

412-404-2872
womenforahealthyenvironment.org
Join the network of women who, like you, want to change the way we influence our health and the environment!

Wound Care

Ohio Valley Hospital's The Wound Care Center

412-250-2600
www.ohiovalleyhospital.org

Washington Health System Wound & Skin Healing Center

724-222-5635 • www.whsdocs.org

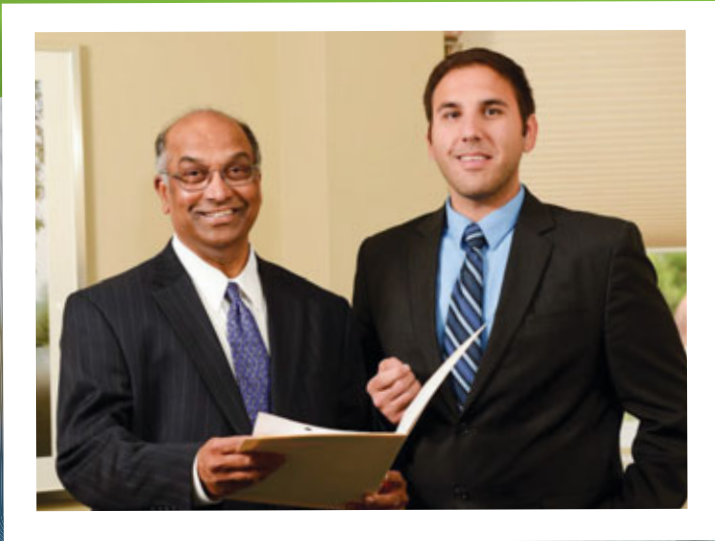
Yoga & Pilates

Live Well Yoga & Pilates At the Wilfred R. Cameron Wellness Center

724-225-WELL (9355)
www.wrcameronwellness.org
www.facebook.com/CameronWellness
Challenge your mind and body with Yoga and Pilates Mat classes. For beginners through the experienced participant, classes range from Gentle Yoga to Power Flow.



Ohio Valley Hospital is expanding its Psychiatric Services with our new outpatient Psychiatric clinic!



Our new clinic offers psychiatric care to men and women over the age of 50. Our staff is board certified in Psychiatry and Psychosomatic Medicine and specializes in depression, mood and anxiety disorders, Alzheimer's, and dementia care.

Location:

OVH Kennedy Township Outpatient Center
8 Hattman Drive
Coraopolis PA, 15108
On the corner of Pine Hollow Rd. and Hattman Dr.

Office Hours:

Monday through Friday
8:30am-5:00pm; By Appointment Only



**To schedule an appointment, contact:
412-458-1331**



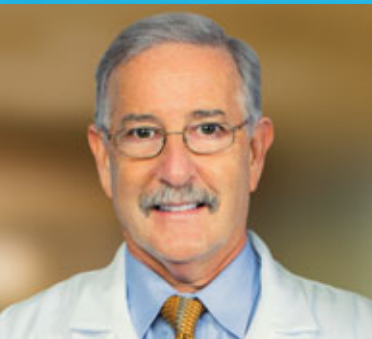
Kevin P. Bordeau, M.D.



Arthur D. Thomas, M.D.



Jay A. Lutins, M.D.



Arnold J. Sholder, M.D.

ADVANCED UROLOGIC SERVICES



Shailen S. Sehgal, M.D.



Jeffrey R. Wilson, M.D.



Jay B. Herman, M.D.



David O. Hepps, M.D.

St. Clair Hospital is home to a team of leading board-certified urologists, specializing in advanced diagnostic treatment and surgical procedures, including robotic-assisted minimally invasive surgery. Our experienced urologists treat conditions such as:

- Prostate, kidney and bladder infections
- Prostate cancer
- Incontinence
- Urinary tract infections
- Kidney stones
- Male infertility
- Erectile dysfunction
- Low testosterone

Combining state-of-the-art technology, skill and compassion, our physicians make a difference in the quality of patients' lives every day. To find a urologist who's right for you, please refer to the listings below or visit www.stclair.org.

ST. CLAIR HOSPITAL UROLOGIC PHYSICIANS & PRACTICES

ST. CLAIR MEDICAL SERVICES SHOLDER AND BORDEAU ASSOCIATES DIVISION

MT. LEBANON
1145 Bower Hill Road, Suite 105
Pittsburgh, PA 15243
412.572.6194

PETERS TOWNSHIP
St. Clair Hospital Outpatient Center-Peters
3928 Washington Road, Suite 270
McMurray, PA 15317
412.572.6194

Arnold J. Sholder, M.D.
Kevin P. Bordeau, M.D.
Jeffrey R. Wilson, M.D.

THE CENTER FOR UROLOGIC CARE, P.C.

St. Clair Hospital Outpatient Center –
Village Square
2000 Oxford Drive, Suite 410
Bethel Park, PA 15102
412.833.3000

Jay A. Lutins, M.D.
Arthur D. Thomas, M.D.
David O. Hepps, M.D.
Shailen S. Sehgal, M.D.

JAY B. HERMAN, M.D.

1050 Bower Hill Road
Suite 108A
Pittsburgh, PA 15243
412.531.2522

Jay B. Herman, M.D.

