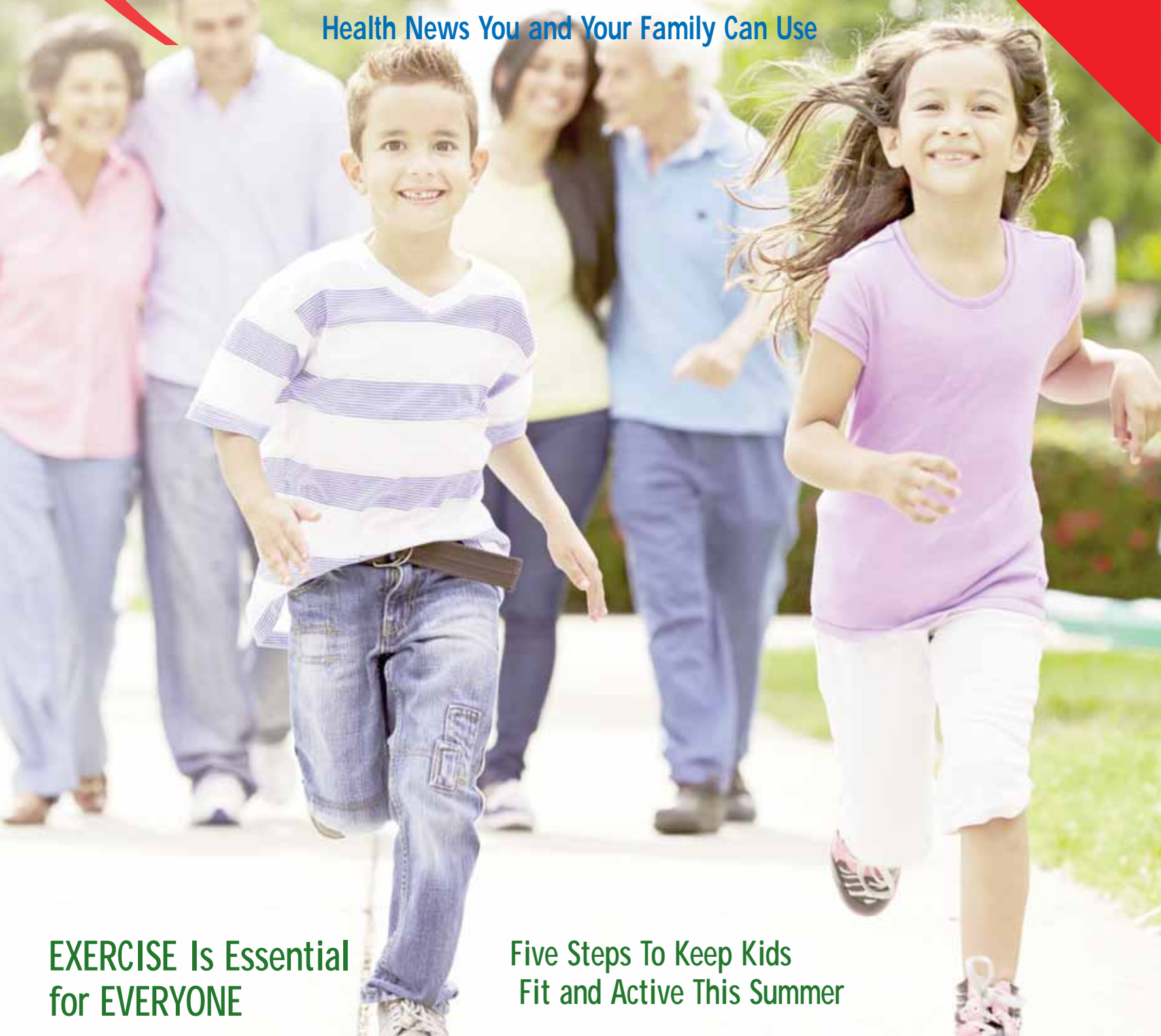


Western Pennsylvania

# Guide to Good Health

Health News You and Your Family Can Use

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SPRING 2017



**EXERCISE Is Essential  
for EVERYONE**

**Five Steps To Keep Kids  
Fit and Active This Summer**

Symptoms  
Men Should  
NEVER Ignore

Does Your Child  
Have Allergies  
or Asthma?

Caring for an  
Aging Loved One?  
Caregiver Connection  
Can Help

St. Clair Hospital  
'Fit for Two' Program:  
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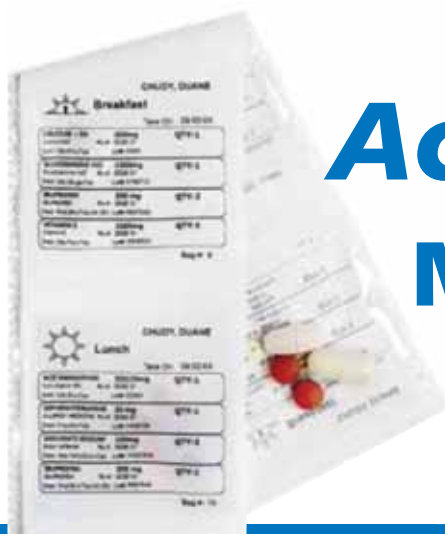


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# PREVENTIVE HEALTHCARE is the Key to Healthy Aging

By Dr. Marylou Buyse

WHEN IT COMES TO YOUR HEALTH, THE EXPRESSION “AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE” IS GOOD ADVICE TO FOLLOW.

**P**reventive care, such as screening tests, vaccinations and health advice, is important for older adults, because your risk for health problems increases as you age. By preventing problems, or detecting them early when treatment works best, you can maintain your overall health and well-being.

One simple way to take control of your health is by scheduling an annual wellness visit with your doctor. An annual wellness visit, which is fully covered by Medicare, will enable you to develop a personal prevention and wellness plan with your doctor based on your unique health factors. During this visit, you and your doctor will discuss your current health and risk factors to determine what you need to do to be as healthy as possible. An annual wellness visit may include routine measurements, such as your height, weight, blood pressure and body mass index. You should also be prepared to review your medical history, medication use and your physical and emotional health during the past year.

During your yearly checkup, it's also important to talk to your doctor about screenings and vaccines recommended for older adults.

Preventive Services the U.S. Preventive Services Task Force recommends for Older Adults:



- ▶ **Annual flu vaccine.** The best way to prevent the flu is with a yearly flu shot. The flu vaccine is especially important for people age 65 years and older because they are at high risk for complications from the flu.
- ▶ **Pneumococcal vaccines.** These vaccines protect you against pneumonia, meningitis and bloodstream infections. Your doctor can recommend the appropriate vaccine for you based on your health risk factors.
- ▶ **Colorectal cancer screening.** Regular screening, beginning at age 50 and continuing until age 75, is the key to preventing colon cancer. Ask your doctor about the different types of screening tests available.
- ▶ **Diabetes screening.** Diabetes is common in older adults, affecting one out of every four adults 60 years of age or older. Your doctor may test you for diabetes if you are overweight or obese, or even if you don't have any symptoms.
- ▶ **Osteoporosis screening.** The risk of osteoporosis increases as you get older. Women who are 65 years of age and older should have a bone density scan to look for signs of osteoporosis.

In addition to annual wellness visits, screening tests and vaccines, regular vision and dental exams are also important for maintaining your overall health. Some Medicare Advantage plans offer routine vision and dental coverage, so check with your plan to see if these services are covered.

Remember, by seeing your doctor regularly and staying on top of any potential health issues, you can live a longer, healthier life.



> Dr. Marylou Buyse is senior medical director of senior markets for Highmark Inc.

## CARING FOR AN AGING LOVED ONE? Caregiver Connection can help.

by Iris Valanti,  
Jewish Family & Children's  
Service of Pittsburgh

**A**t 93, Abigail's\* daughters thought she should give up her Pittsburgh apartment and move to assisted living facility near them in New York. Her health was beginning to fail and they were worried they would not be there if there was an emergency.

But Abigail was adamant that she wanted to maintain her independence and stay in the community where she had always lived and felt comfortable. So her daughters said they would hire home care on a trial basis. They hired caregivers from Caregiver Connection.

Caregiver Connection is a state-licensed home caregiver registry. Caregivers are carefully screened; most have been with the registry

for more than a decade. As a non-profit agency, administrative fees are much lower than private companies, and clients negotiate the caregivers' fees and pay them directly.

Caregiver Connection allows clients to select their caregivers, and/or change at any time. All caregivers hired by Caregiver Connection have had background checks and their references verified. There is no required set or number of hours. Caregiver Connection offers 24/7 back-up if for any reason the scheduled caregiver can't be there. And Caregiver Connection is affiliated with Jewish Family & Children's Service of Pittsburgh, so additional services, like case management and home care assessment by professional social workers are also available.

Sure enough, at one point

Abigail did have to go to the emergency room; she had difficulty breathing. But her caregiver stayed with her through the entire visit and kept in constant touch with Abigail's daughters. When she was discharged, her caregiver saw her safely home.

Abigail and her daughters realized that Abigail was in capable secure hands. In the time since, Abigail says her caregiver has become more like family. And her daughters trust that their mother is safe, and she is no longer alone. They've given up their plans to uproot her from her home. And while they would gladly have paid for the assisted living facility in New York, home care was much less expensive, and their mother was much happier!

*\*Client's name changed to protect confidentiality.*



### How to Get Help!

If you have an aging parent, or you are a senior who wishes to stay independent in your own home, consider Caregiver Connection for those times or tasks that are just getting too hard to manage.

Call (412) 904-5995, or visit the Caregiver Connection brand new website:

[www.pghcaregivers.org](http://www.pghcaregivers.org).



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## Guide to Healthy Eats

# Mason Jar Salads



**By Kate Safin**

Here are a few inspirations to get you started:

**M**ason Jar salads are an easy make ahead meal that are perfect for lunch or a light dinner. You can prepare several salads at once and store them in the fridge in a tightly sealed mason jar for 5-7 days! The key to keeping salads fresh and not soggy is layering ingredients in the proper order.

First add 1-2 tablespoons of dressing to a clean, dry Mason Jar (pint or quart size both work). Next, add vegetables like carrots, cherry tomatoes, celery, and onion. These veggies will absorb some of the dressing and create a barrier, keeping everything crisp and tasty! Cooked beans, pasta, quinoa, or grains such as barley create the third layer, followed by protein and cheese. Finally, fill your jar to the top with your favorite chopped greens. Ta-da! You've got a delicious, totally customized salad all prepped! When you're ready to eat your salad, simply empty it from the Mason Jar into a bowl.

**Taco Salad:** Lime Vinaigrette + tomatoes, avocado, red onion, olives + cooked black beans + ground turkey or tofu + cheddar cheese + chopped lettuce

**Cobb Salad:** Blue Cheese Dressing + tomatoes, cucumbers, onion, chopped hard-boiled egg, avocado + bacon, turkey, ham + chopped romaine

**Greek Zucchini Pasta Salad:** Greek Dressing + cherry tomatoes, onion, olives + feta cheese + chopped grilled chicken breast + spiralized zucchini noodles

**Thai Salad:** Peanut Dressing + shredded carrots, yellow and red bell peppers, green onions, bean sprouts + chicken or tofu + shredded green and purple cabbage + sesame sticks

There are endless options when it comes to Mason Jar salads. Experiment with adapting your own favorite salads and enjoy a fresh, healthy meal on-the-go!



Submitted by **Kate Safin**, Marketing & Member Services Manager, at **East End Food Co-op**. East End Food Co-op is the last natural foods co-op left in Pittsburgh from those original, back-to-nature stores. The Co-op offers all of the products of a full-service grocery store, but with a natural and local touch. For more information, visit [www.eastendfood.coop](http://www.eastendfood.coop).


**For more stories on Healthy Eating, log on to [www.guidetogoodhealth.com](http://www.guidetogoodhealth.com)**



## EXERCISE is Essential for Everyone, All Year Long

Spring is here! It's time to get outdoors to enjoy the sunshine, fresh air and blue skies again. Although the Pittsburgh region has enjoyed a rather mild winter, the transition to spring is always welcome. For many people, it's an opportunity to shake off the doldrums and inertia of winter and jump eagerly into sports and fitness activities – a time to dust the cobwebs off the bike, take the golf clubs out of storage and lace up the hiking boots. It's time to get outside and get active!

Not so fast, says Richard J. Mitchell, M.D. Dr. Mitchell is an orthopedic surgeon and sports medicine specialist with St. Clair Orthopedic Associates, and he warns against making exercise a purely seasonal activity. Exercise and activity, says Dr. Mitchell, is essential to health, but it must become part of one's routine, all year round. An all-or-nothing approach, he says, is risky. "When people start working out and they never have worked out before or they have been sedentary for a long period, they can get musculoskeletal injuries," he explains. "It's best to start slowly and be consistent. The most important point is that everyone, at any age, needs to exercise and be active. Inactivity is a major risk factor for many chronic and debilitating illnesses. It's as deadly as smoking. Physical activity is critically important to health and longevity and it improves quality of life. The benefits are tremendous, and are both immediate and long term."



**"When people start working out and they never have worked out before or they have been sedentary for a long period, they can get musculoskeletal injuries. It's best to start slowly and be consistent."**

*Richard J. Mitchell, M.D., orthopedic surgeon and sports medicine specialist, St. Clair Orthopedic Associates*

prescription for exercise should include frequency, intensity, time and type of exercise, also known as FITT.

"For cardio, or aerobic exercise, which builds endurance, the ideal is 30 minutes, three to five times a week; this can be walking, water aerobics, biking or swimming. Strength training is resistance or weight training; it means exercising every major muscle group several days a week with weights. You want to build endurance and then strength; the recommendation is 2-3 sets of 8-12 repetitions each, with the goal of increasing the reps before you increase the weight.

"Flexibility is stretching – it allows you to increase your range of motion and do more activities. Neuromuscular exercise, such as yoga or Tai Chi, improves balance, agility and coordination to prevent falls and maintain balance."

Dr. Mitchell practices what he preaches. He enjoys outdoor activities with his wife and two young children and especially loves to go to Ohiopyle for hiking, whitewater kayaking and biking.

He is a native of San Francisco and attended medical school at Tulane University; he completed residencies in general surgery at the University of California at San Francisco and in orthopedic surgery at George Washington University; he also completed a fellowship in sports medicine at Washington University, which is known for its outstanding program in that specialty. With his four partners in St. Clair Orthopedic Associates, he treats people with problems in the knee, shoulder and other joints. "Orthopedic surgery procedures may seem routine but each one is a little different," he says; "it's always challenging. I like helping people, getting them back on their feet and active again."

Dr. Mitchell encourages his patients to make the effort to remain physically active as part of a healthful lifestyle. "Inactivity is dangerous. It causes 250,000 deaths per year independent of smoking, obesity and high blood pressure and it doubles the risk of coronary artery disease. Exercise is important for everyone."

### BENEFITS

- Exercise delays mortality from all causes
- Exercise improves cardiovascular health and lowers blood pressure
- Exercise reduces the risk of certain cancers
- Exercise reduces the risk of developing Type II diabetes
- Exercise helps prevent osteoporosis
- Exercise reduces obesity by burning calories;
- Exercise improves mental health, reducing anxiety and depression
- Exercise improves the quality of sleep

According to The President's Council on Fitness, Sports and Nutrition, only one in three American adults receives the recommended amount of physical activity every week. This is due in part to our reliance on cars as well as our increasing use of technology. In the last 20 years, obesity rates have skyrocketed in the U.S.; one-third of American adults are now classified as obese.

Getting activity into your life is safer and easier than many people think, says Dr. Mitchell. He encourages his patients to include the four basic types of exercise: cardio; strength training; flexibility; and neuromuscular exercise. "The

**>** To schedule an appointment with Dr. Mitchell at St. Clair Orthopedic Associates, call (412) 942-7262 at their Mt. Lebanon or Peters Twp location. St. Clair Orthopedic Associates provides a full range of orthopedic services, including sports medicine, total joint replacement, hand and upper extremity surgery, and foot and ankle surgery.

# Dr. Patrick McCulloch Offers Surgical Options for Carpal Tunnel Syndrome

By Nancy Kennedy

**W**omen are three times more likely than men to develop carpal tunnel syndrome, a nerve compression condition that causes numbness and pain in the hands.

A common assumption is that carpal tunnel syndrome is occupation-related, and that it is specifically caused by typing. But according to one regional expert on the condition, writers and typists are not at greater risk, and in fact, the actual cause of carpal tunnel syndrome remains a mystery.

"We're not sure why carpal tunnel syndrome occurs; we know that there are certain factors that contribute to the development of it, such as obesity, diabetes and hypothyroidism, but it looks like it has more to do with genetics than anything else," says Patrick McCulloch, M.D., a board-certified orthopaedic surgeon who specializes in treatment of the hand and upper extremity with Advanced Orthopaedics and Rehabilitation. "One recent study showed that typing may actually be protective and may prevent the development of carpal tunnel syndrome. The only type of work that directly causes it is the repetitive use of heavy vibrating equipment, like a jackhammer."

The condition is characterized by various degrees of numbness and pain in the thumb, index finger,

middle finger and part of the ring finger. The pain is likely to worsen at night. The hallmark sign, says McCulloch, is numbness. People who have hand pain without numbness most likely do not have carpal tunnel syndrome.

Medical treatment of carpal tunnel syndrome may include wearing splints at night, to keep the wrist from flexing. "We tend to sleep with our wrists flexed, and this reduces the space in the wrist that the median nerve passes through. Compression of the nerve causes the numbness and pain." Steroid injections can help relieve symptoms when pain is mild and has been present for less than a year. Ignoring carpal tunnel syndrome is not a good idea; it rarely gets better on its own, and will probably get worse. It can progress to the point that the nerve signals can't get through to the muscle at the base of the thumb, leading that muscle to atrophy. Once the muscle function is lost, it may not recover."

Diagnosis of carpal tunnel syndrome is based on history, examination and sometimes, diagnostic studies, including nerve conduction tests and electromyography. Surgery for carpal tunnel syndrome is an outpatient procedure and can be performed with a local anesthetic, so that sedation is avoided. "The patient has options," explains McCulloch. "In my practice, more people are having it done with a

local. There are advantages to having it done this way: you can drive yourself to and from the hospital. You can shower and possibly even return to light duty work the next day. You don't need to have the pre-op bloodwork, chest x-ray and EKG. If you prefer to have it done with IV sedation, it's still an outpatient procedure, but you will need to fast before surgery and have all the pre-ops done. You'll need a driver and someone to stay with you on the first post-op night. For me, as a surgeon, it makes no difference; the procedure is the same."

Carpal tunnel surgery has a 90% success rate. Post-operatively, the patient will have a one-inch incision with the stitches underneath the skin. There may be tenderness in the palm of the hand for up to six months, McCulloch says, and sometimes there is a minor loss of hand strength, but not enough to make a functional difference or affect daily living.

Carpal tunnel is a common complication of the third trimester of pregnancy, affecting as many as 40% of women according to some studies. A local steroid injection is safe in these cases and almost always effective for pain relief. Women who develop carpal tunnel syndrome during pregnancy are at higher risk of developing it again later.

McCulloch enjoys being able to help patients in many different ways. "I'm happy with my work. I like the



**"The hallmark sign is numbness. People who have hand pain without numbness most likely do not have carpal tunnel syndrome."**

-Patrick McCulloch, M.D.

diversity of it and being able to help patients so quickly and effectively. As a surgeon, I like the complexity of hand surgery - working with the bones, tendons, nerves and muscles."

McCulloch is board certified in orthopaedic surgery with a subspecialty certification in surgery of the hands, and is a fellow of the American Academy of Orthopaedic Surgeons. McCulloch performs surgery at Advanced Surgical Hospital, St. Clair Hospital and UPMC South Surgery Center.

To make an appointment, call (724) 225-8657 or visit [www.advance-dorthopaedics.net](http://www.advance-dorthopaedics.net).

## The Exercise Puzzle: Putting the Pieces Together

By Melissa Mattucci Lindberg, M.S.

**E**xercise programs come in all forms and fashions, so finding the best fit for you should be easy, right? The short answer is, YES! The key is knowing what works for you. Just ask yourself a few simple questions, and you will be on your way.

### What do I enjoy doing?

Individuals who participate in physical activities that they enjoy are much more likely to stick with an exercise routine. Keep an open mind in trying new versions of traditional exercise. For example, if a step aerobics class is not a good fit, do not write off group exercise all together. Instead, try something like kickboxing or boot camp. The same goes for running. If running on pavement causes discomfort, switch to trail running, or even deep-water running.

### When can I make time?

Finding time in a hectic schedule is rough, so do not fool yourself into thinking you will just happen to come across a few extra minutes in your day to exercise. Schedule your workouts just like meetings, doctor appointments, or lunch with friends. Taking the time to take care of yourself is more important than any unwashed laundry or unanswered emails.



### Where can I go?

There are literally hundreds of gym options out there. From specialty studios to large commercial gyms and recreation centers, there is something for everyone. When shopping for a facility be mindful of their operation hours, fees, and proximity to your work and/or home, all factors that will influence accessibility. If all else fails, a quick YouTube search will easily turn up a few streaming options that can be done in the comfort of your own home.

Bottom line, there are a lot of excuses to skip out on exercise, but with a little self-reflection, you will surely find something that not only works for your life, but is also enjoyable.

The Community & Recreation Center located at 1551 Mayview Road is open to both Upper St. Clair and surrounding community residents. For more information, visit our website at [www.twpusc.org/crc/crc-home](http://www.twpusc.org/crc/crc-home) or call (412) 221-1099.







## Oncology Rehabilitation Services at UPMC Centers for Rehab Services

By Amy Cline

Oncology patients have unique health needs throughout treatment and survivorship, but most people don't realize that physical rehabilitation can be an important way to find relief from side effects during their cancer journey. Therapists at UPMC Centers for Rehab Services offer specialized rehabilitation programs to help cancer patients increase strength and build endurance.

While oncologists manage your cancer treatment, rehabilitation therapists can monitor and manage problems that may be incurred such as:

- Balance disturbances
- Bone health concerns
- Difficulties with activities of daily living
- Fatigue
- Incontinence
- Joint pain
- Memory problems
- Numbness in hands or feet
- Pain
- Swallowing difficulties
- Swelling
- Walking difficulties

"In order to help reduce pain and fatigue, your physical therapist will work with you to develop an individualized exercise program to meet your specific needs," says Hallie

Zelesnik, DPT, assistant director of outpatient neurorehabilitation, UPMC Centers for Rehab Services. "These exercises will help you return to a more active lifestyle."

An occupational therapy evaluation can identify your individual problem areas in strength, coordination, and endurance currently hindering your ability to manage activities of daily living.

Following cancer treatment, you may experience memory lapses, difficulty concentrating, a sense of disorganization, slower thought processing, or trouble recalling common words. UPMC Centers for Rehab Services also has speech-language pathologists that can help with cognition, speech, and swallowing.

"By undergoing an evaluation process, we will be able to pinpoint problem areas and determine which types of therapy you'll need," says Hallie. "Reducing your pain and helping you get back to typical activities of daily living, while ensuring your nutritional and hydration needs are met, are of the utmost importance to us."



For more information about oncology rehabilitation services, visit [UPMC.com/4CRS](http://UPMC.com/4CRS) or call 1-888-723-4CRS (4277).



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### St. Clair Hospital Receives an 'A' for Patient Safety in Spring 2017 Leapfrog Hospital Safety Grade

The Leapfrog Group, a nonprofit organization committed to driving quality, safety, and transparency in the U.S. health care system, recently released new Leapfrog Hospital Safety Grades, which assign A, B, C, D and F letter grades to hospitals nationwide. St. Clair Hospital was one of 823 hospitals to receive an "A" for its commitment to reducing errors, infections, and accidents that can harm patients. This marks the ninth consecutive "A" grade for St. Clair Hospital.

Developed under the guidance of an expert panel, the Leapfrog Hospital Safety Grade uses 30 measures of publicly available hospital safety data to assign A, B, C, D and F grades to more than 2,600 U.S. hospitals twice per year. It is calculated by top patient safety experts, peer-reviewed, fully transparent and free to the public.

# SYMPTOMS MEN SHOULD NEVER IGNORE

By Daniel Casciato

When it comes to men's health, there are several symptoms men simply cannot ignore. Those symptoms are largely related to bowel, urinary, and genital issues, according to Matthew D. DiIulio, D.O. of Washington Health System Primary Care-Lakeside in McMurray, PA.

"With the bowels, you're looking for things like blood in the stool," says Dr. DiIulio. "Blood in stool can be bright red, or blood can also make the stools black or tarry, which may even stick to the commode when trying to flush. A change in stool caliber shouldn't be ignored, such as a new onset of pencil thin stools."

With urinary symptoms, all men should be on the lookout for change in urine frequency (going more often), urgency (needing to hurry to the bathroom), change in urine stream (noticing a 'sputtering' or weak stream), or blood in the urine.

With genital symptoms, men should never ignore new onset erectile difficulties, changes in the appearance of the penis, testes or scrotum such as swelling, lumps, bumps, or lesions, or blood or discharge from the penis.

## Know what symptoms to look for

While all causes of symptoms relating to men's health are too numerous to completely list here, knowing what to watch for, knowing your body so you recognize abnormality, and bringing it to your doctor's attention is key, notes Dr. DiIulio.

"In general, bright red blood in the stool can be commonly caused by



**"It's very common to be a bit reluctant or even embarrassed to bring up men's health topics in an office visit. Remember, your doc is here to help."**

internal painless bleeding hemorrhoids or often painful external hemorrhoids," he explains. "Both bright and dark blood in the stool or changes in stool caliber can be a sign of colon cancer, which is why these symptoms can't be ignored. Remember that colon cancer is often only symptomatic late in the disease process, which is why screening (looking for disease in healthy patients 50 years and older) is so important."

Urinary changes in men can be a sign of bacterial infection in the bladder, kidneys, or even the prostate. If a urinary tract infection is diagnosed in men, often further work-up is needed as it can be a harbinger of more insidious pathology.

"Change in urinary stream or blood in the urine can also be a sign of prostate disease, be it benign enlargement or prostate cancer," says Dr. DiIulio. "In fact, these symptoms could be signs of cancers anywhere along the urinary tract."

According to Dr. DiIulio, some of the genital symptoms mentioned can be early signs of sexually transmitted infections such as gonorrhea, chlamydia, or syphilis, particularly penile dis-

charge or lesions. Note these can be asymptomatic in men: one of the many reasons why healthy check-ups are so important.

"Testicular or scrotal swelling and enlargement can be a sign of abnormalities in the vessels that feed the testicles, or even even testicular cancer which is more prevalent in men 14 to 40 years of age," he says. "Remember, because of the prostate's close anatomical relationship to the penis, erectile dysfunction, and blood or discharge from the penis can all be signs of prostate disease as well."

## What to do if you experience any symptoms

If you notice any of the above-mentioned symptoms, call your doctor.

"Sometimes, a simple discussion is enough to get down to the root cause of symptoms, but the only way to be sure is to make your doctor aware of these symptoms," says Dr. DiIulio.

Hopefully, however, you're getting regular check-ups and even performing regular self exams.

"Ben Franklin has famously said, 'An ounce of prevention is worth a pound of cure,'" says Dr. DiIulio. "Regular self exams are integral in getting to know your body so that you recognize changes."

Regular check-ups are a critical part of a healthy lifestyle, helping in preventing men's health issues or catching them early on. Check-ups are also the time to ensure you're doing everything you can to reduce your risks for heart disease, diabetes, and cancer.

"It's very common to be a bit reluctant or even embarrassed to bring up men's health topics in an office visit," says Dr. DiIulio. "Remember, your doc is here to help. There's nothing to be embarrassed about, and it's nothing they haven't heard before. Making notes of your symptoms is a fine way to ensure you don't leave any major symptoms out of the discussion."

One question Dr. DiIulio often gets asked about is about vitamin supplements. For young healthy men, you're probably getting all the routine vitamins that you need in an average diet, as many of our foods are fortified.

"Fiber is the exception," he says. "The average American eats around 15 grams of fiber, when we should be eating closer to 40 grams! Fiber is integral in helping lowering cholesterol, reducing risk of diabetes, and is a key to colon health. Of course, we all have different needs so specific recommendations should be discussed with your doctor."



**"Both bright and dark blood in the stool or changes in stool caliber can be a sign of colon cancer, which is why these symptoms can't be ignored."**

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## PART TWO OF A SERIES

### Treating Aortic Stenosis

by **Kevin Brown**

Our “Advances in Medicine” feature looks at some of the latest advances in heart care in western Pennsylvania. We spoke with doctors at Allegheny Health Network (AHN) and UPMC to find out what is being done locally to help those with serious heart conditions.



*Stephen Bailey, M.D.,  
director of Cardiac  
Surgery at AGH*



*Joon Sup Lee, M.D.,  
co-director of the  
UPMC Heart and  
Vascular Institute*

**F**or patients with severe aortic stenosis, a procedure called Transcatheter Aortic Valve Replacement (TAVR) is an important alternative to open heart surgery. Aortic stenosis is a stiffening and narrowing of the aortic valve which makes the heart work harder to pump blood through the damaged valve. If untreated, it can lead to progressive deterioration of heart function and eventually lead to death.

During a TAVR procedure, cardiac surgeons and interventional cardiologists work together to implant a special valve folded onto a catheter through a blood vessel in the left leg or the shoulder. This avoids opening a patient's chest or placing the patient on the heart-lung bypass machine and allows for quicker recovery. Patients can be up and around within a day. Prior to the TAVR procedure, a patient's only option was open-heart surgery, which for many elderly patients could be too risky.

Doctors at both Allegheny General Hospital (AGH) and UPMC perform the TAVR procedure with Transcatheter Heart Valves (THV), including a new generation THV called the Sapien 3.

“TAVR really revolutionizes the way we're treating heart valve disease for a number of patients,” said Stephen Bailey, M.D., director of Cardiac Surgery at AGH. “This new transcatheter valve (Sapien 3) provides a wonderful alternative for patients whose medical comorbidities put them at high risk for open heart surgery.”

According to Joon Sup Lee, M.D., co-director of the UPMC Heart and Vascular Institute, and chief, Division of Cardiology at the University of Pittsburgh School of Medicine, “(The availability of the TAVR procedure) has increased the options and made the treatment overall safer for patients with aortic stenosis. For some with a high risk for surgery, TAVR allows a safer method of treatment.”

Last year, the Food and Drug Administration (FDA) also approved TAVR as an alternative treatment option for intermediate-risk patients. AGH is now part of a national trial to see if TAVR is as effective as surgery for low-risk patients as well.



For more information about these advanced medical technologies, visit [www.ahn.org](http://www.ahn.org) and [www.upmc.com](http://www.upmc.com).

Part 3: Helping Those with AFib (Coming this Summer!)



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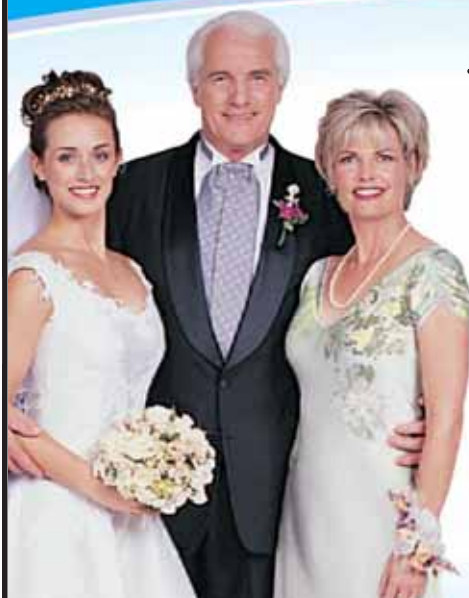
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# Ohio Valley Hospital Offers New, Advanced Lab Testing REDUCES TURN-AROUND TIME FOR TEST RESULTS

by Kevin Brown

IF YOU'VE EVER HAD TO WAIT DAYS FOR THE RESULTS OF A LAB TEST, PARTICULARLY WHEN YOU DON'T FEEL WELL, YOU KNOW HOW FRUSTRATING IT CAN BE TO GET THE MEDICAL HELP YOU NEED. AND IT'S EQUALLY FRUSTRATING FOR MEDICAL PROVIDERS.

Ohio Valley Hospital has taken steps to reduce or eliminate waiting times for lab test results by offering the new Cepheid GeneXpert System, an advanced laboratory technology. Recently installed, the technology uses the relatively new field of molecular diagnostics to quickly and efficiently deliver test results.

According to Manju Nath, M.D., clinical pathologist at Ohio Valley



Ohio Valley Hospital celebrates the ribbon-cutting for the Cepheid GeneXpert System, a technology that uses the relatively new field of molecular diagnostics to quickly and efficiently deliver test results. This new technology is available to patients at both the hospital and physician offices.

Hospital, the Cepheid GeneXpert System is a cartridge-based nucleic acid amplification test, which is an automated diagnostic test that can identify many microorganisms and also find resistance to antibiotics.

"This is a simple-to-use and rapid testing for microorganism and, being a closed system, it has no cross contamination from other speci-

mens," he said.

Mark Woods, M.T., A.S.C.P., Ohio Valley Hospital director of laboratory services, said, "The addition of the Cepheid GeneXpert System in our laboratory will enable molecular diagnostic testing of any patient, thereby delivering a better way for the medical providers of Ohio Valley Hospital to identify and treat diseases early."

Prior to the availability of the Cepheid GeneXpert System, certain tests needed by Emergency Department patients were sent outside the hospital for processing, with a turn-around time of between three and ten days. With the new technology, tests are performed in-house and results can be available within minutes for some tests. Patients can be treated right away rather than days later.

A further advantage of the new technology is the ability to add new tests such as the rapid Flu test with results expected within 30 minutes. Overall, Cepheid offers 22 tests that are approved by the Food and Drug Administration (FDA).

Molecular diagnostics is a relatively new field in medical laboratory science, and came about during the late 20th century as DNA sequencing and genomic testing were being developed. The technology combines molecular biology

with diagnostic testing in order to detect specific sequences in a patient's DNA which may or may not be associated with disease.

According to Mr. Woods, the difference that makes this technology so much faster than conventional laboratory testing is its ability to perform testing in a molecular setting versus the traditional lengthy growth of culture or less sensitive (false negative results) rapid chromatographic immunoassay and/or fluorescence-based lateral flow and membrane-based immunoassays.

"This has revolutionized the way we do lab testing for certain diseases," Mr. Woods said. "Patients at Ohio Valley Hospital now have access to a sophisticated technology that will not only improve turn-around times for tests, but will increase opportunities to enhance patient care, survival and quality of life."

Dr. Nath said, "This system has helped us to bring the expertise of sophisticated microbiology tests into a community based hospital. Currently, we are using this test for detection of Chlamydia, Neisseria, C-difficile, Factor II, Factor V Leiden and are in the process of bringing flu testing into our laboratory. The test has a high sensitivity (89%) detecting microorganisms and also a specificity (99%) of confirming the type of organism. It also has the capability of bringing multiple other microorganism testing into our laboratory."

"This has helped our ER physicians, as well as primary care and infectious disease personnel, with rapid and highly accurate results of detecting infectious organisms, thereby the patients are getting the proper antibiotic therapy on the same day," Dr. Nath noted.

The new technology is available not only to patients at the hospital, but also is available to patients in physician offices which can send patient test samples to the hospital for processing.

For more information about laboratory testing locations and hours, visit [www.ohiovalleyhospital.org](http://www.ohiovalleyhospital.org).



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Ohio Valley Hospital/  
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By Marcia Hale

IF YOU HAVE THEM OR KNOW SOMEONE WHO DOES, THE WORDS 'SORE,' 'PAINFUL' AND 'UGLY' SOUND VERY FAMILIAR. PHRASES LIKE, "I CAN'T FIND ANY COMFORTABLE SHOES," OR "I CAN NO LONGER WEAR ATTRACTIVE SHOES," OR EVEN, "ALL OF MY SHOES HAVE AN UGLY, WORN- OUT BUMP" DESCRIBE YOUR FOOT FASHION.

If you're rubbing your foot as we speak, you've probably considered doing something about it, but for some reason have not. I can assure you, now is the time to do something!

I was a former bunion procrastinator and can promise that the issue doesn't just go away. Instead, it gets worse. I used every excuse in the book including, "I can't take time off work," and "I have kids to run around after," and "I'm afraid of surgery," and "My bunions don't look that bad." Even "They don't hurt that much!" If I'd come in sooner, there would have been a lot of other options available to treat the issue before it progressed to the point of needing surgery.

Finally, I agreed to have surgery. "Wow!

What a relief!" It looks fantastic. Now, my new shoes won't need to be two sizes too big to be comfortable because of the ugly bump. When I reach down to rub my foot, I'm not saying "Ouch!" to myself. I have to look twice because the area is smooth and pain-free! Then I look at my other foot and say ... "You're next!"

> If you have any questions about bunions, as well as various other lumps and bumps and cysts and tumors, call

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# Expanded Hearing and Balance Center Opens at Allegheny General Hospital *Offers Advanced Care for Hearing and Balance Disorders*

By Kevin Brown

If you experience dizziness and balance problems, you are not alone. More than four out of ten Americans will, sometime in their lives, experience an episode of dizziness significant enough to send them to a doctor, according to the National Institute on Deafness and Other Communications Disorders (NIDCD).

Allegheny General Hospital recently opened an expanded Hearing and Balance Center on the fourth floor of the hospital's East Wing. Led by Pittsburgh Ear Associates physicians Douglas A. Chen, MD, FACS, and Todd Hillman, MD, the new center offers advanced diagnosis and treatment of dizziness and balance disorders, along with hearing loss.

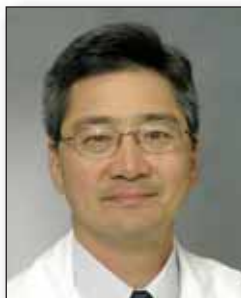
The Hearing and Balance Center brings together a multi-disciplinary team to recognize the growing number of people suffering from these disorders. The team includes practitioners in otology, audiology, neurology, physical therapy, head and neck surgery, internal medicine, neurosurgery, neuroradiology and psychology.

Dr. Chen specializes in otolaryngology and is board-certified by the American Board of Otolaryngology in Neurotology. He is also a fellow of both the American Academy of Otolaryngology – Head and Neck Surgery and the American College of Surgeons.

Dr. Hillman also specializes in otolaryngology and is board-certified by the American Board of Otolaryngology in Otolaryngology and Neurotology.

"Dizziness and balance disorders are very common," said Dr. Chen. "With these newer technologies in diagnostic testing, we have the ability to comprehensively assess a greater number of patients in order to pinpoint what is contributing to their symptoms, and then create individualized treatment plans to help resolve the problem and improve their quality of life."

One of those new technologies is a rotational chair diagnostic procedure that evaluates both the brain balance center and the inner ear. The advanced



Dr. Douglas A. Chen



Dr. Todd Hillman

technology incorporates subjective visual vertical (SVV) and off-axis assessments that allow for more comprehensive evaluation of the inner ear than what is available with conventional techniques.

For patients who might become nauseated or feel claustrophobic during rotational chair testing, a combination of the active head rotation (AHR) test, otherwise known as the head shake vestibular test, and VHIT (video head impulse test) is used. The VHIT allows for a quick and comprehensive examination of all semi-circular ear canals, whereas only the horizontal canal could

previously be assessed.

The Center also specializes in the diagnosis and treatment of hearing loss, eardrum or middle ear bone problems, acoustic tumors, multiple sclerosis, central auditory processing abnormalities, and Ménière's disease, which is a relatively common, disabling ear disorder characterized by severe attacks of dizziness, ringing in the ears and hearing loss.

According to the NIDCD, approximately 15 percent of American adults (37.5 million) aged 18 and over report some trouble hearing. Further, nearly 25 percent of those aged 65 to 74 and 50 percent of those who are 75 and older have disabling hearing loss.

The Center offers a variety of hearing aids and makes recommendations based on patients' needs and overall health. They even have a new type of "invisible" hearing aid, the Lyric from Phonak, that is inserted deep inside the ear and is called the "contact lens for the ear."

"The bottom line is that you don't have to live with hearing loss," said Dr. Hillman. "There's something that can be done for nearly every patient out there."



For more information on the new Hearing and Balance Center at Allegheny General Hospital, visit [www.ahn.org](http://www.ahn.org), or call 412-DOCTORS.

## Ask The Experts

## Health Enhancing Thermography

### What is Thermography?

Thermography is a cutting edge technology that has been available throughout the United States for 30 years. Digital infrared thermal imaging, also known as thermography, is a non-invasive test of our bodies' physiology. In short - thermography studies how our body is functioning. Unlike standard medical imaging tools, thermography doesn't look at structure in the body i.e., lumps, breaks, etc. Instead, thermography analyzes temperature and vascular patterns that provide an early indication of dysfunction and a unique look at how your body is functioning overall. Not only does thermography provide medical analysis outside of other diagnostic tests, but it is a radiation-free, painless, and requires NO contact with the body.

The detection of dysfunction, diseases, and physical injury is achieved by displaying thermal abnormalities and patterns present in the body. The visual image that is created from a thermography screening is a thermogram. Thermograms are used to evaluate and monitor thermal abnormalities present in a number of diseases and physical injuries. All thermograms are interpreted by medical doctors (M.D.'s) and should be further evaluated by a medical professional who can then plan accordingly and lay out a program to further diagnose and monitor your health.

Thermography is a valuable procedure for alerting your doctor to changes that can indicate early stage dysfunction or disease.

Thermography screenings can be utilized for any area of the body, but has particular sensitivity to aiding in the detection of subtle physiologic changes that accompany breast pathology, whether it is, fibrocystic disease, an infection, or a vascular disease.

**Thermography is a valuable procedure for alerting your doctor to changes that can indicate early stage dysfunction or disease.**



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# St. Clair Hospital's 'Fit for Two' Program Means Healthier Mothers, Healthier Babies

By Nancy Kennedy

Obstetricians and expectant mothers have the same goal: the best possible pregnancy outcome for mother and baby. Every prospective mother hopes for a healthy, problem-free pregnancy, a safe, supported child-bearing experience and a healthy full term baby. This can be a challenge when the prospective mother is obese, however, and with national rates of obesity continuing to climb, it is an increasingly common problem. "We see a lot of overweight, pregnant young women," says Debra Lenart, M.D., chief of obstetric services at St. Clair Hospital.

"We also see many women who are hoping to become pregnant and are worried about excessive weight gain. Weight management and obesity are important issues for obstetricians and their patients. At St. Clair, we've created a lifestyle management program called Fit for Two to help women who are overweight and pregnant, or overweight and planning to become pregnant."

Obesity and pregnancy are a high-risk combination, putting both mother and baby at increased risk for medical complications. Mothers face a higher risk of developing gestational diabetes and hypertension, conditions that can complicate pregnancy and even become chronic diseases.

Obese women are more likely to have longer, more difficult labors and to need a Cesarean section delivery, which can result in excess blood loss and is associated with a higher risk of infection. There is even a greater risk of miscarriage

and stillbirth.

Babies born to obese mothers may be big babies, with a greater risk of birth trauma, including fractures or dislocations of the shoulders. Bigger babies may also have unstable blood sugars and more difficulty establishing feedings.

Obese mothers require closer and more frequent monitoring of their health and the health of the fetus. The Fit for Two program emphasizes good self-care, nutrition, rest, exercise and stress management, all of which go a long way towards helping the baby grow and develop well, along with regular prenatal checkups and monitoring of fetal well-being. The program, which is free of charge, features more frequent non-stress tests and a second ultrasound, as well as earlier screening for diabetes, because of the increased risks. The Fit for Two program includes nutrition counseling and healthy recipes from a registered dietician, health education with a registered nurse and an individualized exercise program from a fitness instructor.

Ideally, management of obesity and weight loss begins pre-pregnancy, as part of conception planning, says Dr. Lenart. Getting into shape and becoming as healthy as possible before becoming pregnant

gives the woman a head start, enabling her to be at her very best from the first moment of her pregnancy. Dr. Lenart believes that pregnancy can be the healthiest time of a woman's life and an opportunity to make lasting, healthy lifestyle changes that will serve her throughout her lifespan. "Pregnancy is an opportunity to create a foundation for the long term health of her child, but also for herself," she says.

Still, talking about obesity with patients is not a simple matter. "It can be complicated, because obesity is a complex condition and it is an uncomfortable topic for some women. They may be offended, and many of them are afraid of gaining more weight. There is already plenty to be scared about: pregnancy is associated with a lot of anxiety, normally. The stress alone can make a woman gain weight. Obesity and its complications are one more thing she has to worry about. Women should not be afraid to talk about weight and eating issues with the physician; we can help."

Michelle Iddings, 33, of Washington PA, is an enthusiastic participant in Fit for Two. She is having her first baby and was introduced to the program at 30 weeks. "Dr. Lenart encouraged me to join; she



Michelle Iddings, a participant in Fit for Two, is pictured with her newborn and husband.

said the doctors in her group are seeing less weight gain in the women who joined the program. They gave me a packet filled with good information and tips. I've learned to drink tons of water, eat a lot of vegetables and stop drinking soda. It's a focused program that requires planning but it's worth the effort."

Michelle says that Dr. Lenart approached the subject with sensitivity and compassion. "Dr. Lenart handled it well. She has never made me feel bad about my weight. She was so positive – she said, 'We think you can do this.' And I did do it. My baby is due in two weeks, and I've only gained 18 pounds, thanks to Dr. Lenart and Fit for Two."

➤ For more information about Fit for Two, call (412) 561-5666.



**At St. Clair, we've created a lifestyle management program called Fit for Two to help women who are overweight and pregnant, or overweight and planning to become pregnant."**

-Debra Lenart, M.D

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## CHILDREN'S HEALTH

### How to Prevent Effects of SAD

By Jesse Solomon, Woodlands Director of Programs

Did you feel a little blue this winter? Reduced sunlight takes a toll on many people's moods. Did you know that it can do more than just affect your mood? Symptoms of seasonal affective disorder (SAD) can include fatigue, digestive issues, and can complicate pre-existing conditions.

Researchers have yet to discover what causes SAD. Doctors are aware that decreased exposure to sunlight can interfere with serotonin (a chemical that regulates mood). It is best to make an appointment with your doctor if you are experiencing SAD. Additionally, there are steps that you can take to help manage it. With spring on the way, now is a great time to instill good habits to help ease the annual effects of SAD.

Prioritize time in the sunlight. Sunlight is scarce in the winter, especially in western Pennsylvania, so you may need to plan ahead. Designate time to go outdoors daily, during daylight hours.

Exercise is a fantastic way to combat SAD. However, SAD very often takes a toll on energy and motivation. So, if an exercise regimen sounds out of reach, think of



PHOTO CREDIT:  
Heidi Baldt Matthews

an enjoyable activity that gets you moving, such as swimming in an indoor pool, dancing, basketball, or yoga.

Many who experience SAD isolate themselves. Schedule time to socialize. Set a standing coffee date with a friend or enroll in a book club or community sports team to meet people.

If you experienced SAD this past winter, be prepared the next time SAD becomes an issue. As the days get longer and the weather gets warmer, create habits that will become second nature and support a healthy lifestyle year-round.

For those with disabilities, SAD can exacerbate conditions of a primary diagnosis.

> The Woodlands, a nonprofit organization serving people of all ages with disability and chronic illnesses, provides programming to support social and active lifestyles. Our barrier-free, resort-style facility provides an array of activities year-round. A variety of camps, weekend retreats, and clubs create many opportunities to socialize, enjoy the outdoors, and participate in recreational activities. To learn more about The Woodlands visit [www.mywoodlands.org](http://www.mywoodlands.org) or call (724) 935-5470.

### Addressing Low Muscle Tone Concerns

DOES YOUR CHILD HAVE POOR HEAD CONTROL WHEN MOVING TO A SITTING POSITION? DO THEY FEEL AS THOUGH THEY SLIP THROUGH YOUR ARMS WHEN YOU PICK THEM UP VS HOLD THEIR SHOULDERS FIRMLY?

While there may be many contributing factors, a number of behaviors noted above may be something that is termed low muscle tone or hypotonia. Hypotonia is a symptom which is observed and affects the way an individual moves. It is often mistaken for a diagnosis. It describes the way in which a muscle may not have the amount of tension or resistance to stretch that is seen typically. Often these symptoms may be due to an underlying cause that can be addressed very effectively with Early Intervention. "We see children with low muscle tone usually around 15 months, however it can be as early as 3 months when a parent or physician recognizes the lack of tension in a child's muscle is less than ideal," notes Callie Lodico, a Physical Therapist.

The most notable areas of the body to see the effects of low muscle tone are in the core, arms and legs, but it can also affect a child's ability to latch on and suck from a bottle or breast. Another potential impact may be excessive drooling because the child may have difficulty with lip closure.

"Movement is essential and often the core muscle strength is a key place to start dependent on the child's needs," says Callie. "We might begin with the child balancing on a ball with support to practice head control and then move to sitting on the ball to build core abdominal strength. From there we work to have them manage more weight on their feet if flat feet or fallen arches are problem."

While each child is different in the progress that is made and parents and children will both experience struggles and challenges, recognizing the small victories is very important since every child's timeline is different, "reflects Callie. " Our goal is help them achieve their potential and reach that level in their own individual time."

> Callie Lodico is a physical therapist with The Early Learning Institute (teli). Learn more about her and teli by visiting the website at [www.telipa.org](http://www.telipa.org).



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# Good Advice for Parents of Children with Special Needs

By Nancy Kennedy

Experienced professionals and parents from Western Pennsylvania have graciously shared with the *Guide to Good Health* their best advice and wisdom for parents of special needs children.

## Take advantage of friends and family

"You are not alone in this journey of raising this special needs child. Take advantage of friends and family who are willing and able to help. Join Facebook groups with families who are dealing with similar situations. Don't lose your identity, find things in your life you enjoy doing and make time for those things."

*Penny Cordera, The Children's Home of Pittsburgh & Lemieux Family Center*

## Consistency is the Key

Consistency is the key and you are the one who can unlock the door to your child's growth and development. You will meet and work with numerous professionals who will share their expertise with you in order to maximize your child's potential. You are the most important person in your child's life! Filter through all of the advice and skills you have acquired and incorporate that knowledge into your family's daily routines and activities so your child is always learning.

*-Tracy A. Zeiler, M.Ed., Director of Early Intervention, tel*

## Celebrate All Achievements

As a parent of a child with special needs, it is easy to get caught up in the long list of things he/she may never do independently. Instead, celebrate the inch-mark accomplishments. Children with special needs must work so much harder than their "typical" peers or siblings for their achievements. When writing goals, ask that your educational team capture good baseline information and write goals that are achievable in smaller increments. You and your child's professional team will see marked and continual progress. Most importantly, your child will feel a sense of pride in their accomplishments.

*Beth Ramella,  
Western Pennsylvania School for Blind Children*



## Part One of a Two Part Series

## Fostering independence and confidence is critical

Creating a healthy separation between parent and child is an essential part of the development process, especially for kids and teens with disabilities or chronic illnesses. Of course, it is natural for caring parents and guardians to assist and advise children as they get older. However, fostering independence and confidence is critical

for healthy social development. Instilling confidence in children and teens helps them to gain their independence and to grow into independent adults who take on more responsibility, make decisions, solve problems, and form their own identities. Here at The Woodlands, we offer a variety of overnight camps, weekend retreats, and daytime clubs to provide multiple ways for teens to express themselves, create friendships with peers, and learn to spread their wings in an accessible, safe, and fun environment."

*- Jesse Solomon, Director of Programs, The Woodlands*

## Set boundaries with your professional team

"When you have services involved in your life, it is important for both the provider and client to set boundaries during the initiation of services. For this to take place, open lines of communication are essential. This is extremely important. Going forward both parties know what to expect from each other and what is acceptable or not."

*Shacoya Bates, SWAN Permanency Caseworker/  
Caregiver Family Support Coordinator, Every Child*

## You Are Not Alone

"You are not alone in this journey of raising this special needs child. Take advantage of friends and family who are willing and able to help. Join Facebook groups with families who are dealing with similar situations. Don't lose your identity, find things in your life you enjoy doing and make time for those things."

*Penny Cordera, Educational Coordinator,  
The Children's Home of Pittsburgh & Lemieux Family Center*

## RESOURCES

**Achieva /The Arc of Westmoreland**  
(724) 837 8159  
[www.arcwestmoreland.org](http://www.arcwestmoreland.org)

**Children's Home & Lemieux Family Center**  
412-441-4884  
[www.childrenshomepgh.org](http://www.childrenshomepgh.org)

**DePaul School for Hearing and Speech**  
[DePaulHearingAndSpeech.org](http://DePaulHearingAndSpeech.org)

**Every Child, Inc**  
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**The Early Learning Institute**  
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Early Intervention Services for children with developmental delays. Outpatient Occupational and Speech Therapy also available.

**The PEAL Center**  
(412) 422-1040  
[www.pealcenter.org](http://www.pealcenter.org)

**Western Pennsylvania School for Blind Children**  
1-800-444-1897  
[www.wpsbc.org](http://www.wpsbc.org)

**WHS Children's Therapy Center**  
[whsdocs.org](http://whsdocs.org)

## HEALTHY PETS

### Warm Weather Tips for our Furry Friends

Now that the snow is gone and our pets are outdoors more, it's important to keep an eye on them – their lives could depend on it.

Lyme disease is a common tick-transmitted disease among the dog population. A Lyme disease infection is spread by *Borrelia burgdorferi*, which is a spirochete type bacterium. This bacterium is carried by deer ticks, which are commonly found in Western Pennsylvania. Lyme disease can cause fever, pain, arthritis, and lameness in dogs, but it can also lead to glomerulonephritis, or kidney disease and possibly kidney failure.

Another cause of kidney failure in our pets in Spring and Summer is lilies. Lilies are commonly found in outdoor flowerbeds, flower arrangements, and as potted indoor plants. All parts of the plant are toxic to cats including the leaves, petals and even the pollen that can passively be ingested from the cat's coat during normal grooming. There have even been cases of poisoning from drinking the water left in the vase after plants have been removed.

If you discover a tick on your dog or suspect a lily has been ingested by your cat, contact your regular or emergency veterinarian immediately.



**Nicole Hladio, DVM**  
**University Veterinary Specialists**  
(412) 500-5010  
[Info@UVSCares.com](mailto:Info@UVSCares.com)  
[UVSCares.com](http://UVSCares.com)



## CHILDREN'S HEALTH

### Does Your Child Have Allergies or Asthma?

By Deborah Gentile, M.D.

Spring allergy season is just around the corner and now is the time to prepare if your child has allergies and/or asthma. Tree pollen season typically occurs in March and April and grass season typically occurs in May and June.

Approximately 30% of children have allergies and 10% have asthma. Allergy symptoms include stuffy, itchy, runny nose and post nasal drip. Some children will also have eye itching, redness, watering and swelling. Children with asthma may also have wheezing, coughing and shortness of breath. The best medications for allergies are daily nasal steroid sprays which should be started 2 weeks before the expected start of the allergy season and continued until the end of the season. Antihistamines by mouth, nasal spray and/or eye drops can also be used on as needed basis.

Children with asthma should be closely monitored during allergy season and if they are using their rescue medication more than twice

a week, they should see their health care provider to discuss starting or changing their daily controller medication. Many asthma controller medications are now available in once a day dosing forms. If allergy and/or asthma symptoms are difficult to control, referral to an allergist can help identify the allergy trigger.

Allergy skin testing no longer involves scratches on the skin or needles and is not painful. Once the allergist identifies specific allergies they can advise you on ways to avoid the allergy as well as offer additional treatment options. Ways to avoid tree and grass pollen are to keep house and car windows closed and use air conditioning, avoid hanging clothes outside to dry and taking a shower every night, including shampooing hair, to remove any pollen from the body.

If allergy medications are not working, an allergist can offer allergy immunotherapy. Traditionally, immunotherapy has been given in shot form, but there are new forms of medication available for grass



Dr. Deborah Gentile recently joined Dr. Sergei Belenky in the Division of Allergy, Asthma and Immunology of the Pediatric Alliance. She completed a pediatric residency and an allergy/asthma fellowship at Children's Hospital of Pittsburgh. She is a nationally recognized expert in pediatric allergy and asthma and has extensive research experience in sublingual immunotherapy and pediatric asthma. In her current practice, she provides care to both children and adults for environmental allergies, asthma, food allergies, drug allergies, bee sting allergies, hives and eczema and immune problems.

allergy that are given under the tongue once each day starting a few months prior to and continuing to the end of the pollen season. This type of treatment is called sublingual immunotherapy and has the advantage of not requiring weekly visits to the doctor's office to get allergy shots.

Spring allergy season can be quite a difficult time for children who suffer with allergies and asthma.

Choosing the treatment that is right for you and your children will create a happier and healthier child and, by extension, a happier family.

For more information or to make an appointment at Pediatric Alliance Division of Allergy, Asthma, and Immunology, call (412) 348-6262 or visit their website at [www.pediatricalliance.com](http://www.pediatricalliance.com)

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**Specialty Divisions:**  
Division of Pediatric Endocrinology: 412-371-3000  
Division of Allergy, Asthma, and Immunology: 412-348-6868

We Care About Your Kids!

# 5 Steps to Keep Kids Fit and Active This Summer

It's the first day of summer break and 2 hours into the day you hear from your child "I'm bored". Your initial reaction is to scream "Are you serious?" Instead try taking a different approach by planning fun and active activities throughout the summer! Keeping your kids fit and active this summer is going to be easy with these 5 simple steps.

## 1. LIMIT TV AND ELECTRONIC TIME:

You don't have to turn off the TV and electronics completely, but time limits help parents and children. The American Academy of Pediatrics recommends that kids older than 2 limit their screen time to no more than 2 hours a day. Work together with your child to let them help decide which two hours of the day they would like to watch TV or play on their electronics. If they help make the rule then they should be more likely to follow the rule.

## 2. KEEP THEIR MIND FIT AND ACTIVE TOO

Before school is out ask teachers for summer packets that can help children practice what they learned throughout the year. Scavenger hunts with tricky clues help older kids use their brain power and games such as Hopscotch, Four Square and Hide-and-Go-Seek are fun toddler games that promote counting. Also, make reading a daily habit. There are many summer reading programs that kids can earn a prize for consistent reading. Children learn when their brain is active even if they are reading fun and easy books.

## 3. THINK OUTSIDE THE BOX

Using household items in different ways promotes creativity and movement. Use boxes to build forts outside or a broom for limbo. Use pots and pans for a quick parade or use clean spray bottles as a simple water gun. Have them be creative which will help get their minds engaged.

## 4. MAKE EATING AND HYDRATING FUN

Plan an outside picnic with healthy finger foods that include ants on a log or a favorite called... "The Melted Snowman". In a plastic bag put two peeled hard boiled eggs, a long carrot stick and a few pretzel sticks and raisins. Have kids put together their own melted snowman!




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Any time kids are outside make sure they are drinking plenty of water before, during and after physical activity to avoid dehydration. For low-calorie flavor, add slices of your favorite fruits such as melon, oranges, berries or even cucumber or mint to a pitcher of water and refrigerate for two hours.

## 5. LET KIDS PLAY WITH OTHER KIDS

Socializing with peers is important in the process of personality formation. Kids miss their friends in the summer and this is the exact moment when you'll hear the dreaded phrase "I'm bored". Try to schedule summer camps, play dates and social activities so kids can keep growing, learning and building lifelong friendships.

\* According to the Centers for Disease Control and Prevention, children need 60 minutes of physical activity each day, including aerobic and muscle strengthening activities.

> For more information about Kids Camp and other Kids Programs contact Jared Englert, Youth Activities Supervisor, (724) 250-5202 or [jenglert@whs.org](mailto:jenglert@whs.org)



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# Self Esteem and the Elderly: Finding Support with Your Peers

By Caitlin Bartley, MS, Certified Therapeutic Recreation Specialist and Sr. Janice Blados, MA, Chaplain

One significant need of the elderly is to find meaning and purpose in life. In today's society, individuals are valued for what they do. If an elderly individual begin to decline, daily life and sense of purpose change dramatically. The questions of "Who am I?" and "To whom do I matter?" become a constant struggle. For the elderly especially, this struggle often turns to thoughts of "I'm good for nothing." Fostering and developing a positive attitude is one way to build self-esteem. Life becomes happier and more worthwhile when self-esteem is established. Quality of life is improved and self-value increases.

Having identified the need to foster self-esteem among our participants, a self-esteem support group was formed at the Adult Day Health Center. The project involved two peer support groups that met twice monthly over a four-month period. Each group lasted one hour and



contained 7-11 participants. The groups reflected various religions, genders, ages, medical diagnoses, education levels, and ethnicities. The groups were facilitated by certified Master-level therapists. Each participant was provided with folders, journals and worksheets. Each session included individual worksheets as well as group exercises. Topics included *Being Inspired toward Change*; *Core Emotions*; *Self-Disclosure*; *Finding Self-Esteem*; and *Boosters and Busters*. At the completion of the groups, participants were given the materials to continue to work on self-improvement.

The members of the groups individually completed a Self-Esteem

Scale at the initial session and upon the final group meeting. The first group of participants showed increased scores in all but one individual. Overall, most had improved significantly.

The second group had equal success with most members improving. The Adult Day Health Center's Primary Care Physician observed that some participants reported improvements both physically (e.g. walking) and mentally (e.g. journaling).

Other interdisciplinary team members also saw positive results following the group meetings (e.g. decreased anger, improved mood, more engaged in self-care).

As a result of the group, participants began to notice opportunities to make a difference in small but significant ways in their own lives and in the lives of others. They came to understand that all life experiences matter. There was also recognition that the strengths and accomplishments of their lives became a source of encouragement when sharing with others who have had similar experiences.

One participant reflected, "The group brought me together with people that I normally would not have spoken or associated with at the center. In sharing, I saw that other people's problems were like mine and I saw that I am not the only one. It helped me open up to others. I felt like I was helping someone."

When asked what advice would be given to someone thinking about joining a similar group in the future, one participant stated, "Sit and listen, you can just listen and eventually you get involved and open up."

What began as a center activity grew into something much more than anticipated. At the final session in each group, the participants expressed eagerness and excitement to continue the group process in some way. This supported the belief that growth and potential is always possible no matter age or ability.

**>** LIFE Pittsburgh is an all-inclusive program that helps individuals remain safely in their own home. For more information on LIFE Pittsburgh, call (412) 388-8050.

**Participants began to notice opportunities to make a difference in small but significant ways in their own lives and in the lives of others. They came to understand that all life experiences matter.**

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## KEEPING YOUR COOL: Tips on Preventing Dehydration

**R**unning through sprinklers or just sitting in the shade with a glass of lemonade. Everyone has their favorite way of keeping cool during the dog days of summer. For senior citizens, keeping cool – and hydrated – is more than just a matter of comfort; it can be a matter of life and death.

Dehydration, or the loss of water and salts from the body, is one of the most common forms of heat disease, but it can also occur in humid or cold weather, at high altitudes or during increased physical exertion. It's important to know how to recognize dehydration before it becomes a critical health problem.

Unfortunately, the early stages of dehydration do not exhibit symptoms, so you may not recognize that your body is in danger. According to Stephanie Faro at ManorCare Health Services, seniors are at greater risk because thirst sensation, sweat production and the ability to concentrate urine decline with age. "Dehydration gives general signals that do not become pronounced until the body is approaching the danger point," She said. "Once a person exhibits symptoms such as thirst, dry mouth or decreased urine output, the person is already in the moderate stages of dehydration." If you are mildly dehydrated, simply drinking enough liquid and eating food high in salt will replace fluids and electrolytes.

Symptoms of early or mild dehydration include a flushed face, thirst, dry, warm skin, dizziness, weakness, headaches, irritability and dry mouth. Moderate or severe dehydration symptoms include low blood pressure, fainting, severe muscle contractions, convulsions, a bloated stomach, sunken and dry eyes, rapid breathing, a lack of elasticity in the skin and a fast, weak pulse. If someone is exhibiting these symptoms, seek



To avoid dehydration, the experts offer a few tips:

- **Start drinking plenty of water before activity and continue drinking throughout activity. Water should be cool, but not ice cold.**
- **Avoid fruit juices or non-diet soft drinks. Sugar can aggravate dehydration and cause bloating and cramps.**
- **Avoid caffeinated and alcoholic beverages.**
- **Weigh yourself before and after activity. For each pound lost in weight, you need to drink a pint of water to replace the water lost through sweating.**

immediate medical attention.

Not all fluid replacement must come from water. Other drinks consist mostly of water and foods contain water as well. However, thirst is generally a good guide for when you need to replace fluids, and water is generally the best choice.

**>** ManorCare Health Services is part of the HCR ManorCare family. The HCR ManorCare health care family comprises centers that are leading providers of short-term post-acute services and long-term care. Quality care for patients and residents is provided through a network of more than 500 skilled nursing and rehabilitation centers, assisted living facilities, outpatient rehabilitation clinics, and hospice and home health care agencies. For more information, visit [www.medbridgerehab.com](http://www.medbridgerehab.com)

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# 'Judy Schwab is in the house.'



Judy Schwab (right) enjoys a patriotic celebration with Theresa Donavich at the Senior LIFE Center in Washington.

**“JUDY SCHWAB IS IN THE HOUSE.”** THOSE WORDS BRING A SMILE TO THE FACES OF THE STAFF AT SENIOR LIFE WASHINGTON. FOR 60-YEAR-OLD JUDY SCHWAB OF ATLASBURG, PA., ANNOUNCING HER ARRIVAL EACH TIME SHE ENTERS THE SENIOR LIFE CENTER IS LIKE TAKING A VICTORY LAP. AND RIGHTLY SO.

In 2015 Schwab had severe mobility issues, severe diabetes and numerous other medical complications. She had already lost one toe and needed wound care and intensive treatment to avoid infection. Transportation was increasingly difficult to navigate, and it was becoming harder for her to obtain the medical services she needed to treat her condition. She was, by all accounts, trapped in her home with limited access to the community and medical care. It's not surprising that she was also depressed.

“I didn't get heavy until after my husband died,” Schwab says. “I was so depressed.”

Eventually she says she hardly left the house. “Life was tough,” says Schwab. “I had been going to wound care for a couple of years and was told I may lose a leg.”

Schwab's primary care physician, aware that she could not provide the intense coordinated services that her patient needed, referred her to Senior LIFE. Senior LIFE is a long-term care Medicare- and Medicaid-funded program that provides coordinated medical and home care services at no cost for eligible seniors so they can remain living in their home.

“I knew that Judy's care would take a well-designed and executed care plan,” says Megan Detwiler, Senior LIFE Washington executive director. “If her condition worsened, she would be at significant risk of becoming totally wheelchair dependent, which could have meant certain nursing home placement. She came to us to get well and stay out of a nursing home, so our

medical team worked hard to develop the right care plan to achieve these goals.”

For her first two months in the LIFE Program, a Senior LIFE registered nurse and therapist would visit Schwab every day at her home providing critical services that included wound care, dietary services, exercise and hygiene.

Within that time, Schwab lost enough weight and her condition improved enough so that she could safely board a Senior LIFE bus and come to the LIFE center.

“Once I started coming to the center, I really enjoyed it!” Schwab gushes. “The Senior LIFE staff is like family. No matter what kind of day I am having, when I walk in the door, everyone just brightens me up.”

Schwab continued to work hard, now with the added benefit of the larger Senior LIFE care team working with her. She also enjoyed the meals, activities and socialization at the center and making new friends.

Senior LIFE occupational therapist Gregg Tilger says Schwab has put a lot of time and effort into therapy since joining the program and has improved her mobility. “Now she can be seen whip and nay-naying and cupid shuffling in the day room with a big smile on her face laughing,” states Tilger.

“I love to dance,” Judy laughs. “I was so shy before coming here. I would have never done that before.”

“Judy is a joy to have here. Her progress has been nothing short of amazing,” says Detwiler, crediting both Schwab and the Senior LIFE care team. “Judy helped teach us what our team is capable of.”

In February, on her two-year anniversary with Senior LIFE, she wrote a long letter to the staff. In it she says, “Today is a very happy day for me. It's been two years since I have been with Senior LIFE... [The entire team] takes good care of us all! This has been the greatest two years of my life. Thank you all! Love ya!”



Senior LIFE has locations in Washington, Greensburg and Uniontown. For more information about Senior LIFE Washington or to come in for a personal tour, call (724) 222-5433, or visit [www.seniolife.com](http://www.seniolife.com).

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By Kevin Brown

In the late 1890's, Pittsburgh was a prosperous center of industry with steel, mining and other growing industries. Railroads were an essential part of the economy. Dr. Samuel McCune Black, a physician with the Pittsburgh and Lake Erie Railroad, needed a place to treat ill and injured employees. He founded McKees Rocks General Hospital in Norwood, a neighborhood of McKees Rocks.

As the hospital grew, Dr. Black saw a need for more nurses so he opened a School of Nursing in 1901. The first student, Annabell McAnulty, graduated in 1904, and would spend her entire nursing career at the hospital.

Within a few years, community demand for the hospital's services led to the hospital becoming chartered on December 31, 1906 as the non-profit Ohio Valley General Hospital.

Over the next 24 years, the hospital would continue to grow in serving the people of Pittsburgh's western suburbs. When the Great Depression hit the country in 1929, some local hospitals foundered but the Sisters of the Holy Family of Nazareth took over management of the Ohio Valley General Hospital. It remained a non-sectarian, community hospital and not only survived the depression, it continued to thrive.

By the end of World War II, the hospital had outgrown its original site and ground was broken in 1947 for a new hospital along nearby Heckel Road in Kennedy Township. The land had been the 110-acre farm of Dr. Heckel, who passed away in 1942. His sisters sold the land to the hospital.

The new hospital opened in the spring of 1949. In 1956, a new building was built at the hospital site for the School of Nursing. A School of Radiologic Technology opened at the hospital in 1963 to train radiologic technologists.

In 1968, a three-story edition to the hospital was built along with renovation of the School of Nursing. Known as the North Wing, the new hospital addition contained new operating rooms along with an expanded Emergency Department and outpatient facilities.

A Medical Office Building opened in 1988 next to the hospital to provide office space for the growing medical staff.

Another floor was added to the hospital in 1994 for a larger intensive care unit, the adult psychiatric unit, respiratory therapy and cardiac rehabilitation.

By 2000, the hospital decided to venture into senior living and built a personal care home, The Residence at Willow Lane, across the road from hospital. Senior Living at The Willows now encompasses personal care, independent living and Pathways, a newer facility for memory care.

Ohio Valley General Hospital celebrated its 100th anniversary in 2006. In recognizing the success of the hospital over those 100 years, then-President and CEO William F Provenzano, FACHE, said, "The fact that a community hospital has thrived in a healthcare climate that favors large systems is a testament to the excellence and dedication of our medical staff

## Ohio Valley Hospital Close, Like Family for More Than 100 Years



**"I think Ohio Valley Hospital has done an excellent job over the years because we are focused on the needs of the people who live around us."**

*-Current President and CEO David Scott*

and all our employees, and to the loyalty of area residents."

Current President and CEO David Scott, FACHE, has been with the hospital for more than 30 years. He was appointed to lead the hospital following Mr. Provenzano's retirement in 2010 and witnessed the transformation of the local healthcare marketplace.

"Our goal is to work in conjunction with all the major health systems in a collaborative way and I like to think we have done that. We have UPMC physicians on staff and they manage our cardiac rehab program. We have Allegheny Health Network (AHN) physicians on our medical staff and we are an active partner with their home care program," he said.

Today, Ohio Valley Hospital offers a variety of adult inpatient and outpatient services including an acute rehabilitation unit, geropsychiatric unit, pulmonary center, sleep evaluation center and an eye and cataract surgery center, among others.

"On the inpatient side, Ohio Valley is an adult and geriatric hospital. We put a lot of focus on services for older patients," said Mr. Scott. "On the outpatient side, we see a range of patients from pediatrics to geriatrics. Overall, we have developed specialties such as adult psychiatry, rehabilitation, wound care, etc., to focus on the needs of seniors since that is a large part of our market," he said.

In recent years, the hospital has branched out into the community with The Wound Care

Centers® located at Kenmawr Plaza in Kennedy Township and Mt. Nebo Plaza in the North Hills as well as the Pain Treatment Center at Kenmawr Plaza.

Community support has been key to the success of the Ohio Valley Hospital over the years. When the hospital was developing its senior living communities, it conducted focus groups with local residents to determine how best to market the service.

"We were surprised and pleased to hear their reaction," Mr. Scott said of the focus groups. "Residents felt very strongly about the hospital and felt very loyal to the hospital. There was a real level of comfort that the senior living facility was affiliated with the hospital," he said.

In 2014, the hospital renamed the hospital as part of a new branding campaign and dropped the "General" from its name. "The seniors really felt confidence in the name "Ohio Valley" and we decided to keep that part of the name and just shorten it to Ohio Valley Hospital," he said.

In explaining the success of the hospital, Mr. Scott said, "I think Ohio Valley Hospital has done an excellent job over the years because we are focused on the needs of the people who live around us. I don't know what would happen if you didn't have a facility like Ohio Valley in the community."



To learn more about Ohio Valley Hospital, visit [www.ohiovalleyhospital.org](http://www.ohiovalleyhospital.org).

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by Nancy Kennedy

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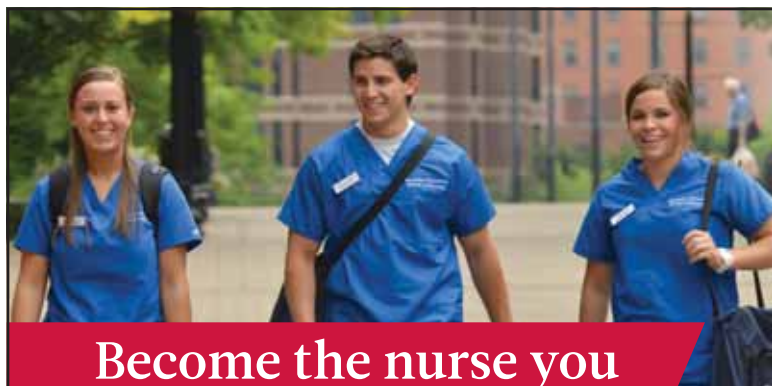
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# 2017 Annual Healthcare Guide

**This section of leading health, wellness and fitness providers, schools, and organizations who excel in their chosen specialties, is designed to help you in your search for quality care.**

**As you search to fulfill your healthcare needs, we hope this will serve as an invaluable guide.**



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# Southwestern Nephrology Joins Washington Health System

By **Daniel Casciato**

WASHINGTON HEALTH SYSTEM RECENTLY ANNOUNCED THAT SOUTHWESTERN NEPHROLOGY WILL BE JOINING THE WASHINGTON PHYSICIANS GROUP SOMETIME THIS APRIL. THE PRACTICE WILL BE KNOWN AS WASHINGTON HEALTH SYSTEM NEPHROLOGY ONCE THE TRANSITION IS COMPLETE.

**S**hirley Jayakumar Dopson, D.O., a practicing nephrologist and partner in Southwestern Nephrology, says that joining Washington Health System was part of a natural evolution for her and the practice. “Having practiced in the area for 10 years, we already worked closely with other physicians that are part of the health system,” she says. “Also, since the other doctor in our practice is planning to retire, we decided now was a good time to merge our practice with the health system’s physician group.”

For Dr. Dopson, this merger will help provide better continuity of care for their patients. Since many of the physicians in the area are part of this physician group, patients will be getting care from the same multi-specialty group.

“The hospital was happy to have me join their physician group,” says Dr. Dopson. “My ideals and goals coincide well with the hospital physician group.”

Dr. Dopson is originally from the area so she has been part of this community her entire life, she notes. Being from the area is one way her practice distinguishes itself from other similar practices in the region.

“I’m very committed to serving the patients of my own community and I feel very dedicated and invested in this community because this is where I was born and raised,” she says. “What also makes us different is that we offer very personal service to patients whom we evaluate in the hospital and office, and continue to follow their progress to maintain that good continuity of care.”

As a nephrologist, Dr. Dopson specializes in kidney care and treating diseases of the kidneys. While she was educated and trained in internal medicine, Dr. Dopson underwent further training to specialize in treating patients with kidney diseases. Her practice commonly treats patients with chronic kidney disease, polycystic kidney disease, diabetes, hypertension and electrolyte problems. Uncontrolled diabetes and hypertension are the two top causes of kidney disease.

Dr. Dopson went to medical school at Lake Erie College of Osteopathic Medicine and did her Nephrology Fellowship at the Medical University of South Carolina. In addition to being board certified in nephrology, Dr. Dopson is also board certified in internal medicine. She was drawn to nephrology as a specialty for several reasons. One of those reasons was to follow in her father’s footsteps. Her father, Dr. Subramoniam Jayakumar, is a nephrologist who has practiced for 41 years in Washington County.



Dr. Shirley Jayakumar Dopson

**Southwestern Nephrology commonly treats patients with chronic kidney disease, polycystic kidney disease, diabetes, hypertension and electrolyte problems. Uncontrolled diabetes and hypertension are the two top causes of kidney disease.**

“I grew up with nephrology in the background,” she explains. “So I heard and learned a lot about this specialty growing up.”

While that certainly played a factor in her decision, Dr. Dopson also had an affinity for nephrology because of the subject matter and her natural aptitude for it.

“While I was doing my internal medicine residency, I rotated through all of the different sub specialities to try to determine what would be the best fit for me,” she recalls. “As I continued to learn more about the specialty, I realized that it was a good fit for me. I also liked that nephrology patients were unique. It’s not always the same issue so each patient requires personalized, individual management. Not only do we see patients in our office, but we also work in dialysis clinics and surrounding hospitals. So there’s diversity in what I do throughout the day.”

Dr. Dopson is also medical director of the DaVita Dialysis Clinic in Washington, PA and Paris, PA. The clinic in Washington has been awarded four stars under the Centers for Medicare and Medicaid Services’ (CMS) Five-Star Quality Rating system and is the highest rated dialysis clinic in the area.

“That recognition solidifies the fact that patients will get excellent care if they are part of that facility as well,” she notes.

Looking ahead, Dr. Dopson says that she is looking forward to starting the next chapter in her career and practice.

“I’m excited to become more involved with Washington Health System and help patients in the community, along with their primary care physicians,” she says. “I feel that I’m very approachable and want to keep the best interests of the patients in mind. I’m always available and accessible for anyone who has kidney disease, kidney issues or problems with hypertension.”

To schedule an appointment, call (724) 228-1303. In addition to working with the **Washington Physicians Group**, Dr. Dopson will continue to see patients at her other offices in Burgettstown, PA, Waynesburg, PA and Weirton, WV.



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## Medicare Specialists of Pittsburgh

# Medicare Specialists of Pittsburgh Takes the Confusion Out of Choosing a Plan

By Vanessa Orr

**W**ith the recent change in the country's leadership, many questions have been raised about what changes will be made to Medicare. But what is more important, according to John Wells of Medicare Specialists of Pittsburgh, are the questions that people have about their Medicare coverage right now.

"We have no idea how Medicare is going to be impacted by the new administration—our goal is to assist people with their concerns now," he explained. "We want to make sure that people who are shopping for supplemental coverage know about all of their options, and can find a product that fits them for the lowest cost. In a lot of cases, we can help people save \$20 to \$40 a month on their premiums for secondary insurance; and that adds up on a fixed income."

According to Wells, just like car or homeowner's insurance, supplemental insurance should be reviewed every few years. "You need to shop it around," he said. "A lot of people overlook this."

Wells and his staff also help people new to Medicare who may not understand how it works, as well as people who have gone through financial or health issues that may make them eligible for programs, such as PACE/PACNET, LIS and Medicaid, that could help them save money on coverage or prescription drug costs.

"Unfortunately, what happens a lot of the time is that people just don't understand what documents are needed, or they have trouble keeping track of the paperwork that the state or county needs, so they end up losing their assistance," he explained. "We spend a lot of time preparing documents to make sure that they are submitted in the proper way."

One of the difficulties that people face when they turn 65 and are eli-

gible for Medicare is the avalanche of information that they receive. "People are getting slammed by unsolicited phone calls and junk mail—I met with a woman yesterday who said that she doesn't even answer the phone anymore," said Wells. "I highly encourage those who are about to turn 65 to talk to an independent broker who specialize in Medicare at least four to six months before their birthday. They don't need to respond to those unsolicited phone calls; they can just tell them they have a broker and hang up."

Medicare Specialists' staff educates clients about the difference between supplemental insurance and Medicare Advantage plans, and takes them through a series of steps designed to determine the type of coverage they need.

"We are licensed with every major carrier in western Pennsylvania, so it doesn't matter to us who they choose, as long as they get the right plan for themselves," said Wells. "We are just here to help them make an informed decision."

Wells gives the example of two carriers that have different formularies in their plans. "When we go over a person's medications, we can see which carrier covers those medications—it can mean a difference of hundreds of dollars a month," he said. "They may also choose a plan depending on the access they want to specific doctors."

"Most people try to take this on themselves, and it becomes overwhelming," he added. "That's why we take the time to explain how everything works. We encourage anyone with questions/concerns or who doesn't understand Medicare to contact us."



For more information, visit Medicare Specialists at [www.medipgh.com](http://www.medipgh.com) or call (412) 343-0344.



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## South Hills Orthopaedic Surgery Associates

### South Hills Orthopedic Surgery Associates Welcomes Justin J. Petrolla, M.D.



By Nancy Kennedy

As the newest physician member of South Hills Orthopaedic Surgery Associates (SHOSA), one of the region's busiest and most progressive orthopedic surgery practices, Justin J. Petrolla, M.D., is focused on preventing his patients from needing to undergo surgery. It may sound like a contradiction, but Dr. Petrolla says it makes perfect sense for SHOSA to have him in the group. Like his colleagues, he treats people with acute and chronic musculoskeletal conditions, but unlike them, he is not a surgeon.

He practices what is sometimes called "non-surgical orthopedics" and he is eminently qualified to do so; he is board-certified in three clinical specialties: physical medicine and rehabilitation; pain medicine; and sports medicine. It's a rare combination of credentials and it makes Dr. Petrolla exceptionally effective at helping people with arthritic joints, painful backs and other orthopedic conditions to feel better and to function as well as possible, without surgery.

"I'm the first non-surgeon in the SHOSA group," he explains. "The majority of patients will see me first. I treat mostly neck and back

**"Artificial joints have limits, and if you get one in your 40's or 50's, it will wear out eventually. People should try to keep their own joints as long as they possibly can."**

-Justin J. Petrolla, M.D.

pain, due to spinal stenosis, osteoarthritis, disc problems and radiculopathy; I also treat patients with problems of the hip, knee, shoulder and wrist, as well as chronic or migraine headache."

Non-surgical treatment for these patients means diagnosing the causes of pain and providing medical management with surgery as a last resort. Treatment might include exercise; physical therapy; steroid injections; anti-inflammatory medication; orthotics and injections.

Joint replacement surgery can be life changing for those who need it, Dr. Petrolla says, but he warns that an artificial joint will never be as good as the original. "Artificial joints have limits, and if you get one in your 40's or 50's, it will wear out eventually. People should try to keep their own joints as long as they possibly can." To help make that possible, he encourages his patients to be physically active. "Most people take better care of

their cars than their bodies," he says. "Everyone needs to exercise three or four times a week, doing something. This means that you set aside an actual designated time for exercise. You carve out time in your day for exercise, and you stick to it. Make it a priority. No matter how busy you are, you can find time to take care of your health.

"People are living longer now. We have to plan for our 80's and 90's. That means cutting out the harmful things in your life that will lead to illness, chronic disease and disability. It isn't just a matter of your genes – you should do your best to control the things that you can control. The choice is to be an active, vibrant 80 year old who took good care of herself, or a frail sick person with a limited life."

Dr. Petrolla himself leads a full and active life. A former high school football coach, he practices martial arts and works out regularly

*(Continued on following page.)*

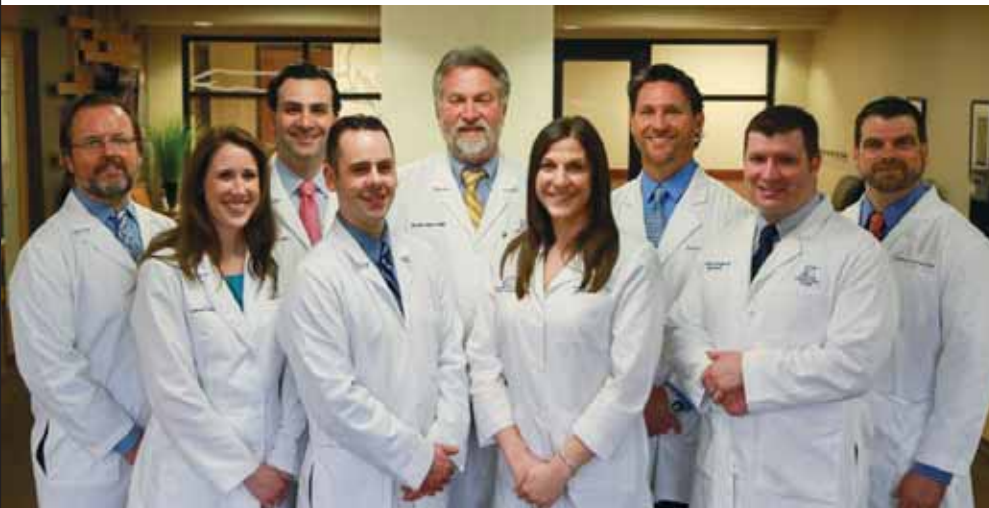


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## Monongahela Valley Hospital

### Monongahela Valley Hospital Awarded The Joint Commission's Advanced Certification for Total Hip and Knee Replacement

**M**onongahela Valley Hospital (MVH) is the first hospital in Western Pennsylvania to earn The Joint Commission's Gold Seal of Approval® for Advanced Certification for Total Hip and Total Knee Replacement. Of the nearly 5,000 hospitals in the nation, MVH is one of only 29 hospitals in the United States to be awarded this advanced certification. The advanced certification is for Joint Commission-accredited hospitals, critical access hospitals and ambulatory surgery centers seeking to elevate the quality, consistency and safety of their services and patient care.

Monongahela Valley Hospital underwent a rigorous onsite review January 26-27, 2017. Joint Commission experts evaluated compliance with advanced disease-specific care standards and total hip and total knee replacement requirements, including orthopedic consultation, and pre-operative, intra-operative and post-surgical ortho-

pedic surgeon follow-up care.

"Achieving Advanced Total Hip and Total Knee Replacement Certification recognizes Monongahela Valley Hospital's commitment to provide care in a safe and efficient manner for patients," said Patrick Phelan, executive director, Hospital Business Development, The Joint Commission.

"The advanced certification will help Monongahela Valley Hospital better provide coordinated and comprehensive care to patients undergoing a total hip or total knee replacement." For the past four years, people receiving total hip and knee replacement surgery at Monongahela Valley Hospital have done so at its Orthopedic Institute — the only local joint replacement program that evaluates each patient on multiple clinical, functional and patient satisfaction criteria. "In 2013, when we established our Orthopedic Institute, we changed the way people experience joint replacement surgery," explained

Louis J. Panza Jr., MVH's president and CEO. "Our Orthopedic Institute offers a patient-centered program that emphasizes wellness and maximizes patient recovery times while incorporating education, a culture of early mobility, family involvement and group interaction. "We are pleased to receive advanced certification from The Joint Commission, the premier health care quality improvement and accrediting body in the nation," added Mr. Panza. "People can select to have their total hip and knee replacement surgery at Monongahela Valley Hospital with the confidence that we offer the patient safety and quality of care that they expect and deserve."

Established in 2016 and awarded for a two-year period, the advanced certification was developed in response to the growing number of patients undergoing a total hip or total knee replacement surgery, as well as the increased focus on clinical evidence-based patient care as it

relates to pain management, quality of life issues, functional limitation in mobility and the return to normal daily activities.

The Joint Commission's Advanced Certification in Total Hip and Knee Replacement Surgery is just the latest national recognition for MVH's total joint replacement surgery program. During the past four years, the hospital also was named a 5-Star Recipient for Orthopedics by Healthgrades®; received the Women's Choice Award™ as one of America's Best Hospitals for Orthopedics; earned The Joint Commission's Certificates of Distinction for the "Management of Joint Replacement-Knee" and "Management of Joint Replacement-Hip"; was accredited as a Blue Cross and Blue Shield Association Blue Distinction Center Plus for Hip and Knee Replacement; and was designated an Aetna Institute of Quality® Orthopedic Care Facility for total Joint Replacement Surgery.

## Justin J. Petrolla, M.D.

(Continued from previous page.)

in a space he set aside in his garage. Despite his demanding days as a physician, he gets plenty of exercise with his family: his wife, Diana Baca, M.D., an OB-GYN, their children and three dogs. He lives in Edgewood, where he serves as a Councilman. Petrolla is originally from Youngstown and grew up in a medical family. Both of his parents are podiatrists, and his sister is also a physician.

Petrolla attended medical school as part of an innovative accelerated program, a joint program of Youngstown State University and Northeastern Ohio College of Medicine, which enabled select students to get a Bachelor of Science degree and medical doctorate in a single, condensed three year program. Dr. Petrolla completed a residency in physical medicine and rehab at UPMC, where he served as chief resident. He completed a fellowship in pain medicine.

Carmen Petraglia, M.D., a spine surgeon with SHOSA, recruited Dr. Petrolla to the group. "Justin is a

great addition for us," says Dr. Petraglia. "With his expertise in treating pain, he brings a dynamic that we have never had before. We're developing a Comprehensive Spine Center and he is a huge contributor to that; we'll be partners in an in-house center where patients with neck and back problems will be able to get everything they need in one setting, including physical therapy. It will mean 'one-stop shopping' for patients, providing them with great convenience and clinical continuity.

"Justin is uniquely qualified and he's an excellent physician. He's hard working, professional and has a great personality. With him on board, we are your complete orthopedic team."

Dr. Petrolla is equally pleased to be with the group. "SHOSA has a great reputation and is very busy. My old patients are finding me, and I'm looking forward to meeting new patients and helping people improve their health, mobility and quality of life."

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

## Greater Pittsburgh Vascular Associates

### At Greater Pittsburgh Vascular's Cath Lab, Advanced Care of Peripheral Vascular Disease Is a Specialty

By Nancy Kennedy

A STATE-OF-THE-ART OUTPATIENT DIAGNOSTIC AND INTERVENTIONAL CATHETERIZATION LAB IS ADVANCING THE CARE OF PERSONS WITH HEART AND VASCULAR (BLOOD VESSEL) DISEASE AT GREATER PITTSBURGH VASCULAR ASSOCIATES.

Well known throughout the region for clinically excellent and highly personalized care, Greater Pittsburgh Vascular, a division of Jefferson Cardiology, is the first private cardiology practice in southwestern Pennsylvania to open an outpatient, office-based catheterization lab. The service was launched about 18 months ago and today it is everything that the group hoped it would be: busy, productive, successful and growing.

The cath lab, located in Jefferson Hills, enables the group's board-certified cardiologists to perform specialized procedures that open blockages in the peripheral blood vessels; this takes place in a setting that combines high-tech medical imaging and treatment capabilities with a safe, comfortable setting.

"This is our specialty at Greater Pittsburgh Vascular," says Gennady Geskin, M.D. "We treat patients with peripheral arterial disease, chronic venous insufficiency, varicose veins and deep vein thrombosis. We perform every venous and

arterial procedure, including angiograms, rotoblator atherectomy, laser atherectomy and stent placement."

An angiogram is an x-ray of the arteries using dye; it provides a road map, revealing the location of blockages formed by plaque in the vessels. When a blockage or narrowing is found, it can be removed through a procedure called atherectomy, which uses specialized equipment to remove the accumulated plaque.

In some cases, a device known as a rotoblator is inserted in the artery through a small catheter; the rotoblator spins very rapidly, breaking up the plaque so that it can be eliminated. This opens up the artery, allowing blood to flow freely again.

Most procedures can be completed in two hours, and complications are rare and minor. "Occasionally, there may be some post-procedure bleeding," Dr. Geskin says, "but nothing that requires surgical intervention. Patients walk out of the office and they typically can resume normal activities the following day. Our patients appreciate the cath lab; it's convenient for them. Our office has a calm, homey environment that reduces stress, and the service is personalized. There's plenty of free parking and it's easy to get in and out. Patients are very satisfied with their experience here."

#### Treatment for May-Thurner Syndrome

Dr. Geskin, who is certified in vascular and endovascular medicine, says that the cath lab also treats patients with iliac venous compression syndrome, also known as May-Thurner syndrome, a condition that is the result of compression on the iliac vein by an

artery. The artery, which is not only heavier than the vein but also pulsatile, may compress the vein against the underlying bone. It produces venous hypertension; over time, it causes swelling in the leg from pooling of the blood and can lead to blood clots, skin ulcers and deep vein thrombosis. It may also result in the formation of emboli – blood clots that escape and travel to the lungs, heart or brain, requiring emergency intervention.

#### Advanced technology eliminates varicose veins

Greater Pittsburgh Vascular also treats varicose veins with Endovenous Laser Treatment, or EVLT, an advanced technology that eliminates varicose veins with a beam of high energy light and no incisions.

Jason Withers, a chef who typically is on his feet for 12 hours each day, developed swelling in his left leg that eventually led to redness, cellulitis and an ulceration. His PCP referred him to Dr. Geskin, who cauterized the greater saphenous vein in the cath lab. His leg has returned to normal size and he now has no pain or skin problems. "Dr. Geskin was amazing," Withers says. "The entire process was efficient and smooth. I recommend Greater Pittsburgh Vascular Associates to anyone with circulation issues in their legs. It's a great facility."

#### State-of-the-art Cardiovascular Care

With his partners and associates at Jefferson Cardiology - Alan Bramowitz, M.D., Michael Nathanson, M.D., Shirshir Mathur, M.D., Inna Lamm, M.D. and Nicole Bruno, CRNP - Dr. Geskin offers state-of-the-art cardiovascular care,



**"We treat patients with peripheral arterial disease, chronic venous insufficiency, varicose veins and deep vein thrombosis. We perform every venous and arterial procedure, including angiograms, rotoblator atherectomy, laser atherectomy and stent placement."**

-Gennady Geskin, M.D.

including prevention, diagnostics and treatment. He is a native of Latvia and completed his fellowship in cardiology at Allegheny General Hospital. He and his partners practice at Jefferson Hospital. With three office locations throughout southwestern Pennsylvania, Jefferson Cardiology has treated thousands of people through a comprehensive range of services that provide preventive care, state-of-the-art diagnostics and interventional treatment of heart and peripheral blood vessel disease.

> To learn more about the services provided in the Cath Lab, visit the web site, [www.GreaterPittsburghVascular.com](http://www.GreaterPittsburghVascular.com). To contact Jefferson Cardiology Association and Greater Pittsburgh Vascular Associates, call (412)469-1500.



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## K&J Complete Woman Mastectomy & Wig Boutique

### K & J Helps Woman Look and Feel Good

By Lois Thomson

Imagine having just gone through the trauma of a mastectomy, then having to go to a store that provides wheelchairs, oxygen, and other durable medical equipment to get your breast form and bra. And then further imagine being taken into a back room by a gentleman where you have just two breast forms and four types of bras to choose from.

That's exactly what Kathy Garrison had to do in the 1980s following her surgery, and it was from that experience that K & J's Complete Woman Mastectomy & Wig Boutique was born.

Kathy's daughter, Kristin Garrison-Smihal, a cancer survivor herself, is also employed at K & J's. Kristin explained, "My mother was 36 at the time, so she was pretty young, and that (experience) was traumatic. I remember her saying, 'There has to be a better way for women who are going through this.' So she called the number on

the box of breast forms and said, 'I don't like how I got this breast form, what can I do?' And that's how it started."

Kathy added, "Back then, the mission (of K & J) was to provide a beautiful bra and a prosthesis so women could look and feel good again." Since then, however, the boutique has grown. As Kristin commented, "We try to follow the needs of our patients, and as they come in and identify needs that aren't being met elsewhere, we've taken them on."

That includes expanding the company's compression and wig business. Women who are experiencing hair loss will find a large selection of wigs from which to choose. "The thing that's helpful for our patients is that it's private, we have separate rooms in both of our stores (Bethel Park and Monroeville) for wig fittings. Plus, we make sure that it's personalized by scheduling each client a private appointment with one of our wig-fitting specialists."

Additionally, compression garments can treat a variety of women's health conditions. Kathy herself has struggled for years with lymphedema, a side effect of her cancer treatments. K & J's staff is trained to provide women with the appropriate and correctly sized compression garments they need.

Kristin further commented on the rising number of women who had lumpectomies or breast reconstruction in the past, and because of aging and other factors, have changes in the size and shape of their breasts. "These patients are no longer seeing their oncologists or surgeons, and are out of balance and stuffing their bras because they don't know we have products covered by their insurance. We're trying to get the word out, because we want to help these women to be healthy, and to look and feel good."

➤ For more information, call (412) 835-5093 or visit [www.kandjs.completewoman.com](http://www.kandjs.completewoman.com).



Kristin said that K & J's Complete Woman Mastectomy & Wig Boutique being family owned and employing local people is very important to her mother. "I went to school with one of our newest employees. We had lost touch, but her mother was diagnosed with lymphoma, receiving chemotherapy, and came into my mom's shop for a wig. I got in touch with her and she's now working here. She's not family, but our families have known each other for more than 35 years. So we're expanding, but we're keeping it close-knit."



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## The Children's Home of Pittsburgh

### A Home-like Environment for 'Medically Fragile' Children and Family

By Lois Thomson

"Medically fragile" is a term that's used often when describing the young patients to whom The Pediatric Specialty Hospital of The Children's Home of Pittsburgh and Lemieux Family Center provides services. The Pediatric Specialty Hospital is one arm of The Children's Home of Pittsburgh (the other two being Adoption and Child's Way), and Jennifer March, Director of External Affairs, explained just what is done.

"We care for medically fragile children and infants, newborns, who are transitioning between the big hospital to home," she said. "They are not quite ready to go home, but they don't need to be in a large hospital any more." She said "medically fragile" can be a range of acute medical situations – a premature infant, a baby born with a congenital heart who requires surgery and needs to recover, or a baby born addicted to opioids who needs time to be weaned from the drugs. "Our doctors specialize in cardiology, endocrinology, pulmonology – so we can care for a variety of medical needs."

More than just treating the patients, The Children's Home provides education for parents and family members on how to care for the children

when they go home. March said the average length of stay is three weeks, which allows nurses and social workers to work with the families. "By the time they are ready to leave, everybody is comfortable with the routine of how to care for the child. It gives patients time to grow and heal, and teaches parents how to dose medicine or use the medical equipment."

Even more of a benefit is the atmosphere of the facility. March said, "The families come to us from the hospital, and we often hear them say, 'When I first walked in, I couldn't believe how relaxed it was. This was the first time our family actually got to be together, to hold our baby.' We really try to offer a home-like environment for the comfort of everybody."

Opened in 1984, the Pediatric Specialty Hospital was founded by Dr. Ronald David. March said what he was seeing in the community was medically fragile babies being discharged from the hospital and their parents bringing them right back into the emergency room, either from fear or from not understanding how to interpret the monitor they were sent home with. "All of the equipment we have here is what you take home with you. So you're going to be an expert in it before you get discharged."

The Pediatric Specialty Hospital is the only one of its kind in Pennsylvania, and March said it can serve up to 450 families a year. In addition, "We are a nonprofit organization, and our funding supports these families. We don't send anybody home with a bill, they've been through enough."



For more information, call (412) 441-4884 or visit [www.childrenshomepgh.org](http://www.childrenshomepgh.org).



"The families come to us from the hospital, and we often hear them say, 'When I first walked in, I couldn't believe how relaxed it was. This was the first time our family actually got to be together, to hold our baby.' We really try to offer a home-like environment for the comfort of everybody."



**Child's Way® enhances the lives of medically fragile children.** While parents are at work or going to school, The Children's Home's medical day care provides a safe, educational environment for medically fragile children to socialize, play, and receive therapy.

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When a patient stays at The Children's Home and Lemieux Family Center, parents and family can stay on-site at the Lemieux Family Center. Jennifer March, Director of External Affairs, said, "We've got full-size kitchens, living rooms, hotel-like bedrooms. So as the child continues to heal, the goal is for them to live like a family. We love it when they bring siblings here, we want them to get used to living like a family with this medically fragile child before they go home."



# Every Child Provides Intensive Mental Health Services to Children and Families

By Nancy Kennedy

Every child should feel safe and loved and have the chance to grow up to become a successful adult. Every child, however, does not have an easy path to adulthood; for many children, there are barriers and challenges along that path that take many forms: medical fragility, disability, family dysfunction, abuse and neglect, and disorders such as autism. Special attention must be given to meeting the needs of these children and their families – attention that is expert, professional, child-focused and highly individualized.

Fortunately for children and families in southwestern Pennsylvania, there are numerous services and agencies devoted to the welfare of vulnerable children. One of the most effective is Every Child, a small but mighty human services organization that has been successfully supporting children and nurturing families for the past twenty years.

Originally created in 1997 to provide services to medically fragile children, Every Child has expanded in scope and mission to include Child and Family Support Services and a comprehensive Clinical Services program.

Child and Family Support Services encompass In-Home Family Preservation; Pregnancy Support with Trained Doulas; Foster Care and Adoption services and Medical Wraparound Services.

The Clinical Services program consists of Family-Based Mental Health Services and Family Focused Solution-Based Services. In all of Every Child's services, says Laura Maines, Executive Director,

the goal is the same: "Every Child develops, preserves and strengthens the relationships to family and community that are essential to a child's growth and development."

Dennis Faló, M.A., Director of Clinical Services, says that the two clinical programs serve children with a wide variety of diagnoses. "In the family-based mental health services program, we see children ages 5 to 21 with an existing diagnosis of depression, anxiety, attachment disorders, grief and loss, adjustment disorders and other mental health issues. We see kids who are recovering from emotional trauma. For children with mental health issues, the family-based mental health program is the last line of defense before placement into a residential treatment facility or hospital. It's an intensive program and is entirely home-based; we want to see the child and family in their own environment. We also transition kids to home after they have been in a facility, from residential care.

"Our teams each have five or six cases and they make home visits two to five times a week, for a period of several months. They provide therapy; crisis intervention, 24/7; they also provide service coordination, case management and advocacy. We have two teams and they do an outstanding job; each team has a senior clinician who is prepared at the master's level, plus a group of 18 clinicians who may have degrees in psychology, social work or education. They all have completed a special training program at WPIC."

Family Focused Solution Based services are less intense but comprehensive. According to Faló, the Family Focused program serves ages 5 to adult, as long as the adult

is a caregiver of a child or adolescent, with suspected mental health disorders. Ages 8 – 14 is the average for children in the program. The teams will work with any family member, the family system and the outside systems that interact with the family – the school, church and the community. "This program is a step down from Family Based Mental Health; these are families that probably have not previously had mental health services. The families function better and our teams can manage larger case-loads."

Holly Livingston, M.S.W., Director of Child and Family Services, says that Every Child works through its entire continuum of services to ensure that every child has a safe and loving home to grow up in. "Our staff sees this work as a calling," she says. "The staff has enormous experience in the field and they care passionately about helping families succeed. Families define their own success, and their success is our success."



Staff member Shacoya Bates (left) assists a family member.



Every Child has expanded in scope and mission to include Child and Family Support Services.



To learn more about Every Child, call (412) 665-0600 or visit the website [www.everychildinc.org](http://www.everychildinc.org).



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## Western Pennsylvania School for Blind Children

### Western PA School for Blind Children Offers Extensive Outreach Services



WPSBC staff members working with visually impaired children of all ages.

By Nancy Kennedy

For 130 years, the Western Pennsylvania School for Blind Children (WPSBC) has graced the region as a highly respected, cherished institution that provides top notch education and services to blind and visually impaired children and youth and their families. Even the school's legions of admirers and supporters, however, may be not be fully aware of the depth and breadth of WPSBC's programs and services. Among many other innovative services, the school has an exemplary Outreach Program that takes its services and its expert staff far beyond

the walls, into homes and school districts across the region.

"At WPSBC, we provide direct services to children in their own home school districts," explains Beth Ramella, Director of Outreach Services and CVI Project Coordinator. "We understand that it's not easy for every school district to have teachers who are qualified to teach the visually impaired. We have a team of 12 experienced teachers of the visually impaired; nine of us are also certified Orientation and Mobility Specialists. Our multidisciplinary team has a strong shared work ethic and diverse strengths; it includes a teacher, physical therapist, occupational

therapist, speech and language therapist and behavior specialist or school psychologist; we provide evaluations, consultations, resources and training. We make recommendations and help school districts develop an individualized plan for the child."

WPSBC's Outreach Program covers a wide geographic area, reaching into Beaver, Mercer, Fayette, Indiana, Westmoreland and Butler counties plus the Pittsburgh Public Schools. In addition, the program serves pediatric hospitals and rehab facilities and Early Intervention agencies. WPSBC's Outreach Program currently serves 20 school districts; 5 Intermediate units; 5 private contractors; 4 Early Intervention programs; one charter school and 5 cyber charter schools. The program includes a lending library, equipment loan program, Braille instruction, independent living skills instruction and staff seminars. All resources, consults and evaluations are provided at cost, with no administrative fees.

According to Ramella, 80% of the children served by WPSBC have Cortical Visual Impairment, or

CVI, which means they are visually impaired as a result of an injury to the brain and not a condition of the optic nerve or the eye itself. CVI can be due to birth anoxia, head injury, a genetic syndrome or a neurological disorder. The Outreach Team offers CVI Range assessment and functional visual assessment.

For Ramella and the Outreach team, their work is about much more than providing a range of services. "Children who have visual impairment are entitled to learn just like every other child," she says. "They deserve the same learning opportunities, but too often, they get much less because they don't receive information and education in the way that other kids do, as there aren't enough teachers available who have the skills to do this. What we are doing is helping and supporting their teachers and giving these children access to a curriculum which their sighted friends have, so that they can participate fully. They have dreams for themselves just like any other child and we help make that happen."



> To learn more, visit [www.wpsbc.org](http://www.wpsbc.org). To contact Beth Ramella, call (412) 621-0100 Ext. 379 or email her at [ramellab@wpsbc.org](mailto:ramellab@wpsbc.org).



### Western Pennsylvania School for Blind Children



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WPSBC strives to help our students become as independent as possible. Our work impacts babies, students and young adults from throughout thirty-three counties in Western Pennsylvania.

Our commitment extends from our on-campus program for students who are blind with multiple disabilities to the hundreds of students with visual impairment in their local schools who get vital assistance from WPSBC Outreach staff.

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# DePaul School for Hearing and Speech

## Speaking Miracles

By Ruth G. Auld, EdD

LISTEN! DO YOU HEAR THAT? IT IS THE SOUND OF CHILDREN CHATTERING TO EACH OTHER IN THE LUNCH ROOM. WHAT MAKES THAT CHATTER NOTE-WORTHY? WELL... THESE CHILDREN ARE DEAF AND THEY ARE TALKING AND LISTENING TO ONE ANOTHER.

All this is possible because the marvel of medical intervention has aided our mission at DePaul School for Hearing and Speech, located in the Shadyside area of Pittsburgh.

Technological advancements in digital hearing aids and cochlear implants have made it possible for children who are deaf or hard of hearing to hear speech. With access to sound provided by these devices and intensive

Listening and Spoken Language education, even children who are profoundly deaf can learn to listen and speak. Since our inception in 1908, the mission of DePaul School for Hearing and Speech has been to teach each child who is deaf or hard of hearing to listen, speak, and learn. Now that medical technology has made it possible to gain access to sound, DePaul School can teach children to listen and talk and learn on par with the language development of typically hearing peers in the preschool years.


DePaul is the only school in the western Pennsylvania and tri-state region to provide Listening and Spoken Language education to children ages 18 months to 15 years who are deaf or hard of hearing. We actually



It is interesting to note that for years, we have had families relocate to DePaul School from as far away as Florida, Tennessee, Hawaii, Virginia, and many foreign countries (Russia, India, Saudi Arabia to name a few). If you have a child who is experiencing a hearing loss, or deafness, you have some great choices in Pittsburgh, Pennsylvania. This region offers families excellent medical care, innovative medical technology, and a full-scale educational program to habilitate the process for children.






For more information, visit our website at [DePaulHearingAndSpeech.org](http://DePaulHearingAndSpeech.org)



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## Tri-State Mobile X-Ray

### Tri-State Mobile X-Ray Cost-effective and Convenient for Patients, Physicians

By Vanessa Orr

**T**ri-State Mobile X-Ray has been around a long time, serving the Pittsburgh area since 1982. Yet it is still at the forefront of mobile healthcare, offering clients the most advanced digital imaging services available in the field today.

“Our new, state-of-the-art imaging systems provide clear, crisp images that can be read right at bedside by our JHACO-accredited radiologist, and faxed or emailed to their doctor at the same time,” explained Sales Representative Debbie Coyne. “This is a huge benefit to physicians because of the fast turnaround time; and it’s even better for patients, who don’t have to go to the hospital for imaging services.”

Tri-State Mobile X-Ray has always tried to make the process easier and more accessible for those



**“This is a huge benefit to physicians because of the fast turnaround time; and it’s even better for patients, who don’t have to go to the hospital for imaging services.”**

-Debbie Coyne

needing everything from digital X-rays to digital ultrasound, echocardiography, EKG, digital Holter monitoring, bone density studies, digital Doppler, flow studies and more. The company can also do mammograms, with a minimum number of patients required before scheduling a visit.

When owners Jack Stasik and Barbara Milillio first started the business in their basement with one X-ray machine, there were no mobile diagnostic services for those needing these tests at home. “People had to go to the hospital, which was costly, time-consuming, and often very difficult, especially for seniors,” said Coyne. “Even if a person was in a personal care home or nursing home, they still had to find transportation to the hospital, and a one-way ambulance charge could run \$400!”

Not only is Tri-State Mobile X-Ray more efficient, but it is more cost-effective, too, with visits at about one-quarter of that cost, usually covered by insurance. The company will travel to private homes, nursing homes, rehabilitation centers, industrial sites and correctional institutions in the Pittsburgh area, as well as in Butler, Westmoreland, Beaver and Fayette counties.

“We’re really unique in that we have such a long history in the field; a lot of companies have been bought and sold, but we’ve had the same ownership for 34 years,” said Coyne, who has been with the busi-

ness for the last 20 years. “There’s a lot to be said for smaller companies as well—you’re not dealing with a large corporation, so you get more personalized service.”

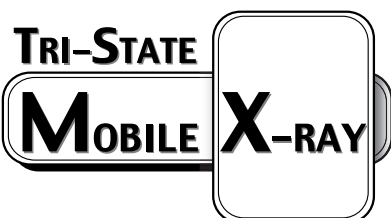
This client-centered approach extends to being available 24/7, and offering same-day service, with results being provided to physicians within an hour or two of an on-site visit. “We invested in digital imaging a year-and-a-half ago, which enables our technologist to go into a patient’s home or facility, and use the wireless digital plate that is attached to the X-ray machine to send or read the results right at the bedside,” said Coyne. “The same is true with ultrasounds and echocardiograms.”

In addition to same day services and reports, Tri-State offers physicians online reports and paperless ordering. Quality assurance reports are issued monthly, and its JHACO (Joint Commission on Accreditation of Healthcare Organizations)-accredited radiologists undergo peer review. Other services include CPR and first aid classes through the American Red Cross, as well as a therapy dog program.

Tri-State Mobile X-Ray is state-approved, fully insured, and is a member of the Brentwood Baldwin Whitehall Chamber of Commerce (BBWCC).

To learn more about Tri-State Mobile X-Ray, visit [www.tristatemobilexray.net](http://www.tristatemobilexray.net) or call (412) 881-9333.

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#### Laser Cataract Surgery

AIO was the first surgical practice in Western Pennsylvania to offer Laser Assisted Cataract Surgery, with the acquisition of the FDA-approved Femtosecond Laser. While laser technology was new to cataract surgery, prior to that it had been used for over a decade in LASIK surgery. Since

2012 AIO has performed over 8,000 surgeries using the Laser, which offers an image-guided, computer-controlled precision to the surgeon while making an opening into the lens, creating self-sealing corneal incisions, correcting astigmatism, and fragmenting the lens, all using the laser before entering the eye to remove the cataract.

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Since January 2016, AIO has completed almost 1,000 "Dropless" cataract procedures. As many know, traditionally prescribed drops, prior to and after surgery, are often the most cumbersome challenge associated with this surgical experience. Dropless cataract surgery helps to eliminate or reduce the burden of drops as well as provide convenience and cost-savings.

Dr. Cibik is thrilled with this defining moment for ophthalmology, "The introduction of Dropless cataract surgery helps us reach the ultimate goal for our patients - better vision free of complications with a more positive patient experience."

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## Our Person-Centered Approach to Care

**P**resbyterian SeniorCare Network is a nonprofit organization that has been serving the needs and desires of older adults since 1928. We are privileged to touch the lives of over 6500 seniors annually through our continuum of 53 communities across 10 Western Pennsylvania counties.

Our care and service options include: personal care and skilled nursing communities, specialized Alzheimer's and dementia care, over 35 affordable and supportive housing communities for low income seniors, our premier continuing care retirement community Longwood at Oakmont, as well as in-home and community-based programs.

### Our Person-Centered Approach

We've been dedicated to our mission for nearly 90 years and have stayed true to our person-centered philosophy. When you walk into a Presbyterian SeniorCare Network community, you get an overwhelming feeling of "heart." From the people you meet to the non-institutional environment that greets you, you can just feel the warmth.

We listen to you and your family to create an environment that puts your needs and desires at the center of what we do. It's our culture and it is what makes us uniquely different in terms of how we serve others.

### Centers of Excellence

We believe that specialization is the key to develop creative solutions to meet the changing needs of older adults, so we've created Centers of Excellence in short-term rehabilitation and dementia care.

Our Center of Excellence in Short-term Rehabilitation is for adults who have had a joint replacement, injury, stroke or other condition requiring physical, occupational or speech therapy after a hospital stay. In keeping with our person-centered philosophy, we've developed the MyLife short-term rehabilitation program which takes a holistic and personalized approach to getting people back to their lives. Patients take an active role in planning their rehab experiences – everything from their therapy schedule to their dining experience – to create a stay that meets their needs.

Presbyterian SeniorCare Network is known as a Dementia Care Center of Excellence. We have been pioneers in dementia and Alzheimer's care since 1991 when we opened Woodside Place of Oakmont, a revolutionary new memory care model based on a person-centered philosophy which has been replicated nationally and internationally. The innovative programming, training and design features of Woodside Place also have become the standard for dementia care across our entire continuum. Each team member at every level of our organization is certified in dementia care through the National Alzheimer's Association. True to our mission, we are committed to continuing to innovate and share our knowledge and dementia care expertise in order to enhance the quality of life for all those who are impacted by Alzheimer's and related dementias.



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We employ over 2000 team members across our Network who are very special people. They have chosen to be a part of the Presbyterian SeniorCare Network mission because of their personal calling to Making Aging Easier® for our residents.

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## Elderly Housing Development & Operations

### EHDOC Offers Affordable Senior Housing

By Lois Thomson

**H**ousing that was constructed decades ago for senior living in the Pittsburgh area is currently under the auspices of the Elderly Housing Development & Operations Corporation. Melissa Tarrant, Vice President of Field Operations for EHDOC, oversees the operations for the organization's complete portfolio, which includes 54 properties across the nation.

Tarrant talked about the four local properties that are under EHDOC's jurisdiction: Steelworkers Tower (North Side), I.W. Abel Place (Lawrenceville), Lynn Williams Apartments (Brighton Heights), and Lloyd McBride Court (Millvale). "These buildings are for those 62 years of age and older and for low-income elderly," she said. "And the Steelworkers Tower also accepts people who are under the age of 62 with mobility impairments."

She explained the history of the buildings, saying that in HUD terminology, they were considered to be section 202 housing, or housing for those who are 62 years of age and older. "Because these were subsidized through HUD, there were many different funding sources, in addition to the unions that were very strong at that time. The properties were primarily named after labor leaders. For example, I.W. Abel was a former president of the United Steelworkers Union, and Lloyd McBride succeeded him, followed by Lynn Williams. The Steelworkers Tower was named after the actual union, the United Steelworkers."

Tarrant said that when they were originally built, they were under the umbrella of the National Council of Senior Citizens, the organization that was very instrumental during that period in advocating for the interests of older Americans and their families. Steve Protulis, current president and CEO of EHDOC, was the former executive director of NCSC.



For more information about becoming a resident, contact the properties directly and request an application, which will go through a screening process for age and income requirements.



Melissa Tarrant

Amenities in the buildings include a community room and a computer center, and free washers and dryers in the laundry rooms. In the units themselves are refrigerators and stoves, along with heating and air conditioning. "We also have a service coordinator to help with any necessary programs or assistance that they need," Tarrant added.

She said anyone interested in more information about becoming a resident of one of these properties may contact the properties directly and request an application, which will go through a screening process for age and income requirements.



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-Ed Bires, retired postmaster

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Jameson Place - New Castle

**Assisted Living:**

Cumberland Crossing Manor - Allison Park  
Seneca Manor - Penn Hills  
Strabane Woods of Washington - Washington  
Weatherwood Manor - Greensburg

**Skilled Nursing and Rehabilitation:**

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Cranberry Place - Cranberry Twp.  
Seneca Place - Penn Hills  
Sherwood Oaks - Cranberry Twp.  
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## Mount Vernon of South Park

### Mount Vernon of South Park Serves the Senior Community

By Lois Thomson

**M**ount Vernon of South Park offers two communities for senior living, designed to serve two distinct areas of the senior population. Mary Moran, Executive Director, talked about the services offered by both the personal care community and the Bridge to Rediscovery program.

Moran said the personal care community provides 24-hour nursing, assistance with all personal care needs, and medication management, as well as onsite physical, occupational and speech therapy programs.

"We also have a wonderful fresh approach to activities, called our Lifestyle 360 program," Moran continued. "We have 360 degrees of wellness, and it's our approach to life engagement and programs so that we can make every day exceptional for our residents here at Mount Vernon of South Park. Our Lifestyle program is very important



In 2016, Mount Vernon of South Park received the Best Practice in Quality Assisted Living and Personal Care Award, through the Pennsylvania Healthcare Association – the only personal care community so awarded out of 12,000 in Pennsylvania. Mary Moran, Executive Director, said Mount Vernon received it for doing an in depth cause-and-analysis of rehospitalizations. "It revealed that sometimes changes in resident conditions were not detected early enough. To address this, we educated the entire staff – nurses, servers, housekeeping – and if they saw a change in a resident we would deal with it immediately. We were able to keep them healthier longer, and actually reduced our hospitalizations and rehospitalizations. We were recognized for our commitment to quality, and we're very proud of that award."

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because it brings the five dimensions of wellness into perfect harmony: intellectual, social, physical, emotional and spiritual. We try to encompass all of these into scheduling our daily activities."

Additionally, she pointed out that one of the best things about the site is that it has no stairs or elevators. "We're on a ranch-style layout, and in the middle is a gorgeous courtyard that the residents really enjoy, pretty much for three seasons of the year."

The Bridge to Rediscovery program deals with memory care. Moran described the award-winning program as one that celebrates people "as they are today. We have personalized activities that actually encourage creativity and self-expression. We work with each of our residents individually."

With a low staff-to-individual ratio, the Bridge to Rediscovery strives for small successes each day that help to create a sense of accomplishment for the residents with memory care needs. "We want them to feel valued, and feel that

they contribute, so our activities are all geared with that in mind. We look at their strengths and work with them."

As an example, Moran said Mount Vernon of South Park has some vegetable gardens that are above ground that residents are able to tend. "And we have a section of flowers and they help with a lot of that gardening. We do art and we'll set up displays for families and the community to come in and enjoy. We have walking paths that are secured, so we have many engaging activities for our residents in this very special safe environment."

"Mount Vernon has a very good mix of men and women with a variety of activities that are suited to both. We put a lot of effort into celebrating the person and making every day 'today' for our residents, focusing on the strengths and abilities they have now, and bridging their past to who they are today."



For more information, call (412) 655-3535 or visit [www.fivestarseniorliving.org](http://www.fivestarseniorliving.org).

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## Locust Grove Assisted Living & Memory Care

### Did Mom Lose Her Keys Again?

BELOW ARE SOME EARLY SIGNS OF POSSIBLE DEMENTIA-RELATED SYMPTOMS. AS A CAREGIVER, YOU WILL BE ABLE TO CHECK OFF ONE OR POSSIBLY MANY ON THIS LIST.

- Poor judgment
- Repeating themselves or not remembering recent events
- Consistent difficulty balancing their checkbook or paying bills
- Problems with driving: getting lost in familiar settings; having small accidents
- Difficulty planning activities or executing day-to-day chores
- Confusion about what day or time it is, or where they are
- Problems with words and conversation
- Misplacing objects
- Changes in personality or mood

**M**emory loss is a common symptom people first notice, but there are other early warning signs that could indicate a problem. Withdrawing from social activities, becoming financially irresponsible, changes in mood, or frequently misplacing items and becoming easily agitated for example.

Keep a log of anything strange or new behaviors you notice. Make sure to note the time of day and what was happening around them. This can help identify patterns or environment triggers that might be contributing to the behavior.



Does any of this look or feel familiar? If your loved one exhibits any of these symptoms of early-stage dementia, go with them to see their doctor. Consider requesting a referral to a neurologist who specializes in dementia for a full neuropsychological evaluation.

At Locust Grove Assisted Living and Memory Care Community in West Mifflin, our team specializes in memory support. Locust Grove's In The Moment Memory Support Program, is a holistic approach designed to meet residents in the moment they are experiencing and engage them kindly and compassionately to guide them through their day. Our philosophy features the Six Elements of Engagement, which address physical engagement, spiritual support, artistic expression, community connections, continuing education, and lifestyle and leisure. In The Moment is more than a slogan, it is a feeling throughout the community.



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### A&M Healthcare Offers Quality Nursing from the Heart

By Vanessa Orr

When Adrienne Moon, RN, decided to open her own home healthcare agency, she had an advantage that many new business owners do not. She had a lot of experience helping homebound clients—both as a caretaker and as a medical professional.

Providing in-home care for her mother as well as working outside of the home as a registered nurse gave the CEO a unique opportunity to experience both ends of the spectrum. Her father, John Moon, who is the COO of A&M Healthcare Agency, had also worked in the medical field for years as the chief supervisor of the city paramedics before he retired.

A&M Healthcare Agency has been in operation since 2014, providing both medical and nonmedical in-home care services to residents ages 18 and up, including seniors. The company serves Allegheny, Beaver, Butler, Washington and Westmoreland counties.

The agency provides quality nursing from the heart that includes



Adrienne Moon, RN, was able to utilize her experience as a nurse and caretaker to start A&M Healthcare and provide medical and nonmedical in-home care services.

medication management and administration, wound care, vital signs monitoring, and diabetic therapy. It also provides a variety of nonmedical services which include assistance with activities of daily living (i.e. bathing and dressing), meal preparation, light housekeeping, food shopping, and transportation to and from appointments. A&M Healthcare Agency also provides in-home companions.

“Based on client needs, assistance

is available from a minimum of two hours to 24-hour, around-the-clock care,” said Moon. “From a medical standpoint, having home health care assistance helps to increase the healing process; often, people suffer from opportunistic infections outside of a home environment,” she explained. “Being at home, around family, improves clients’ emotional well-being.

“Home is a safe haven, and our goal is to help our clients remain independent and in a familiar home environment,” she added. In addition to the peace of mind that comes from being in one’s own home, clients also take comfort in the fact that their needs are being taken care of by experienced, empathetic caregivers.

“You don’t find a lot of home health care agencies owned by a nurse, and I go out and do medical visits along with my staff. It gives me the opportunity to develop a rapport with our patients individually,” said Moon.

“By visiting with our clients personally, I become familiar with their needs so I can find them a good fit,”

she added. “I’ll sometimes bring a staff member into a client’s home for a one-on-one interview with them to ensure a level of comfortability.”

A&M Healthcare Agency attempts to keep the same staff members with the same client for as long as possible—not only does it help build relationships, but it also provides a comfort level for those clients with dementia who benefit from seeing the same person on a regular basis. Before any caregivers are placed with clients, they receive in-office training and are required to pass a competency exam. They must also perform their duties successfully in front of A&M’s client services coordinator. Most of the agency’s clients are referrals from social workers, service coordinators and physicians. “Word-of-mouth is also an important component of our business,” said Moon.

**>** A&M Healthcare Agency participates in a variety of home and community-based waiver programs as well as the Veterans Assist Program. To learn more, call (412) 793-3705 or visit [www.am-hcagency.org](http://www.am-hcagency.org).



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- Registered Nurses (RNs)



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& Washington Counties

## Patient-centered Approach, Real-time Technology Key to Success

By Vanessa Orr

For many families, finding the right home care company can be a challenge; after all, you're letting a stranger into your home to care for your loved one when you're away. But Harmony Home Healthcare makes it easier for families to have peace of mind—not only because they hire caring, experienced professionals, but because they use modern technology to ensure quality care.

"We're looking to bring harmony into clients' homes," said Jamie Bayer, director of community development for Harmony Home Healthcare. "We understand the trust that it requires to let someone you don't know into your home, and we take that concern seriously. Our team is committed to our core value, 'Integrity Trumps All.' We live by that and it is not a responsibility we take lightly."

Harmony provides a range of services for clients in three different areas: Harmony Home Care, Harmony Home Healthcare and



Harmony Pediatrics.

Harmony Home Care provides personal care services such as bathing, toileting, light duty housework, companionship, grocery shopping, meal preparation and more. Harmony Home Healthcare offers skilled nursing services, including physical therapy, occupational therapy and speech therapy. "This is especially useful when someone has heart surgery, for example, and they want a nurse to stay with them in the evenings after they've returned home," explained Bayer.

Harmony's Pediatric Division

provides private duty nursing for children suffering from long-term illnesses. "We work with children who are on ventilators, have tracheotomies or who are totally bed bound," said Bayer. "We also work with special needs kids with intellectual or physical disabilities. A staff member will go from class to class with students, or meet the school bus and stay with a child until their parents come home. We're one of the few companies in western Pennsylvania that cares for pediatric patients."

All of Harmony's medical staff are certified and licensed, and LPNs and aides work under registered nurse supervisors. They must pass a rigorous orientation that includes showing mastery of medical equipment including hospital beds and Hoyer lifts, and must pass an FBI background check, drug screen and TB test.

"We make a point to hire caring, empathetic staff with exceptional backgrounds; we make sure that the right type of people come to your home," said Bayer, adding

that referrals from satisfied clients are the backbone of Harmony's business.

Harmony also uses technology to make sure that clients' needs are being met. "Using our Family Room services, families of our clients can go online and see what's happening in the home in real time," said Bayer. "For example, with a client's permission, his family in Ohio can log in and see how he is being cared for in Greensburg.

"We also have a GPS system that documents if the caregivers show up on time, and if they are where they are supposed to be," he continued. "Our employees clock in by phone, and if they forget to do that, we call and check on the client right away to see if the caregiver is there.

"While our use of technology is second to none, our patient-centered approach makes all of the difference," he added.



To learn more about Harmony's services, visit [www.homewithharmony.com](http://www.homewithharmony.com) or call (412) 573-7338.

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## VITAS Healthcare

### VITAS' Commitment to Providing Quality Care



**By Evalisa McClure, VITAS Healthcare General Manager**

VITAS Healthcare, a pioneer and leader in the hospice movement since 1978, has made it a priority to ensure that terminally ill patients and their families in Pittsburgh have immediate access to compassionate and high quality end-of-life care.

Hospice is intended to help people during the last six months of life and is better utilized at the beginning of a terminal diagnosis rather than the

last few days of life. Too often, patients and families elect hospice late in the course of their illness and miss out on the many benefits hospice has to offer.

Unlike common misconceptions suggesting that hospice is a "place," hospice is a philosophy of care that focuses on enhancing people's comfort and quality of life during their final months of life. It includes expert pain management and may be administered at patients' homes, hospice inpatient units as well as hospitals, nursing homes, and assisted living communities or residential care facilities. The care is provided by skilled, interdisciplinary teams of experts, including physicians, nurses, home health aides, social workers, chaplains, bereavement specialists and volunteers, who work together to ensure the best-possible quality of life for patients and their

loved ones.

Since 2005, VITAS has helped define and continuously elevate the standards of care for hospice throughout Pittsburgh and is committed to helping patients stay at home, or in their preferred settings. Our team of physicians and Advanced Registered Nurse Practitioners (ARNP), led by our board certified medical director, are well prepared to provide the compassionate care that patients deserve at the end of life, including:

- **Routine home care**, available wherever the patient resides.
- **Intensive Comfort Care**, a service that puts trained clinicians at our patient's bedside up to 24 hours a day during a brief period of crisis.
- **Respite Care**, provides a brief break for the patient's primary caregiver by admitting the home care patient to an institutional setting without meeting the "inpatient" pain and symptom management criteria.



• **Inpatient hospice care** is provided at designated inpatient units for a short period when a patient's medical needs cannot be managed at home.

VITAS works hard to ensure people can access these and other important resources. Our trained hospice professionals live in the counties VITAS services (Allegheny, Armstrong, Beaver, Butler, Lawrence, Washington, and Westmoreland) and work closely with patients and their families to provide the caring, compassionate attention they need.

**You choose your doctor.  
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## Concordia

# The Roots of Concordia

by SaraBeth Swain  
and Emily Bitting

At Concordia, every day of care is influenced by the ministry's rich history of dedication and compassion to serve the needs of God's people. The roots of service were first planted in Butler County after Concordia Lutheran Ministries (CLM), the parent company of Concordia Hospice of Washington and Concordia Visiting Nurses who both serve patients in Washington and Greene Counties, was blessed with a 46 acre farm donated by the Oertels, a couple who answered God's call to serve and protect the orphans of the region. This was the beginning of a greater call to service and 136 years later the ministry is providing health and hospice care to all of His people living in Western Pennsylvania.

By God's grace, Concordia was recently provided the opportunity to share their mission of service with Washington Health System in the creation of Concordia Hospice of Washington (CHOW). Much like CLM's story, hospice care in Washington had its roots planted several decades ago when one man answered God's call and was driven to help families dealing with end-of-life-illnesses in his local community.

Rev. Fr. J. E. Victor Carlson, a Presbyterian minister who was motivated by his wife's terminal cancer diagnosed, began researching and learning about hospice programs in the 1970s. He brought his knowledge back to his community of Greene County and created a hospice taskforce that later became Hospice Care, Inc, one of the first such programs to be chartered in the state. Hospice Care, Inc eventually moved into Washington County and continued to evolve after their merger with Washington Hospital which later became part of Washington Health System. But the roots didn't stop growing there, in fact, they blossomed with thanks to another couple called to serve the people of their community.

Richard and Shana Donnell provided a generous lead gift in 2002 and were supported by many community members who gave financial donations to open the Donnell House, the only inpatient unit of its kind in Washington County. The Donnell House now operates under Concordia Hospice of Washington in partnership with Washington Health System.



Rev. Fr. J. E. Victor Carlson, a Presbyterian minister, learned about hospice programs in the 1970s and created a hospice taskforce that later became Hospice Care, Inc.



The Donnell House is located in a quiet residential neighborhood just a couple of blocks from Washington Health System Washington Hospital



The Donnell House is the only inpatient unit of its kind in Washington County.

The roots mentioned were God's gifts, the home care and hospice services that CVN and CHOW provide are the fruit of the roots and the agencies gifts to all of His people in need of services in our communities.



If you or a loved one are in need of home care and hospice services or are interested in employment opportunities, Concordia welcomes you to contact an office near you. Visit [www.concordiavn.org](http://www.concordiavn.org) or [www.concordiahw.org](http://www.concordiahw.org) for office locations and contact information, an overview of services, and current career openings.

# SENIOR RESOURCES



Use this guide as a handy reference for long term use!

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[www.concordiahw.org](http://www.concordiahw.org)  
Concordia Hospice of Washington patients receive care in their homes as well as in our inpatient location called the Donnell House in Washington, PA. Services can also take place at personal care/assisted living facilities, skilled nursing homes and more.

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[www.SrCareatHome.org](http://www.SrCareatHome.org)

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



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## BREAST CARE

St. Clair Hospital Breast Care Center  
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[nursing@duq.edu](mailto:nursing@duq.edu)  
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[www.stclair.org](http://www.stclair.org)

Washington Health System Diabetes Education & Management  
724-250-6262 • [whs.org](http://whs.org)

## HEALTH, WELLNESS AND FITNESS CENTERS

The Community & Recreation Center at Boyce Mayview Park  
412-221-1099  
[www.twpusc.org/crc/cre-home](http://www.twpusc.org/crc/cre-home)

Wilfred R. Cameron Wellness Center  
724-250-5208  
[www.wrcameronwellness.org](http://www.wrcameronwellness.org)  
[www.facebook.com/CameronWellness](https://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.

## HEALTHY EATING

East End Food Coop  
412-242-3598  
[www.eastendfood.coop](http://www.eastendfood.coop)  
Local, organic, fair trade, non-GMO  
Gluten-free, vegetarian • Vitamins & Supplements • Smoothies and more!

## HEARING

HearUSA  
855-236-8315  
Locations in Monroeville, Delmont, Washington and Bethel Park

Swift Audiology  
[www.SwiftAudiology.com](http://www.SwiftAudiology.com)  
See page 46 for special offer!

## HOLISTIC HEALTH

[www.edlarosa.com](http://www.edlarosa.com)  
724-942-8980  
[elarosa1@gmail.com](mailto:elarosa1@gmail.com)  
Better, safer, non-toxic products for your family.

## HOSPITALS

Advanced Surgical Hospital  
724-884-0710  
[www.ashospital.net](http://www.ashospital.net)  
A Physician Owned Hospital

Monongahela Valley Hospital  
[monvalleyhospital.com](http://monvalleyhospital.com)

Ohio Valley Hospital  
412-777-6161  
[www.ohiovalleyhospital.org](http://www.ohiovalleyhospital.org)

St. Clair Hospital  
412-942-4000  
[www.stclair.org](http://www.stclair.org)

WHS The Washington Hospital  
724-225-7000  
[www.washingtonhospital.org](http://www.washingtonhospital.org)

## HYPNOSIS

Jan Lee Hypnosis  
724-351-1242  
Jan Lee, CH, RN, Certified Hypnotist  
Individual Hypnosis Sessions, Group Hypnosis Sessions, Hypnosis Presentations

## IMAGING

Health Enhancing Thermography  
1-855-254-4328 (HEAT)  
[www.heat-images.com](http://www.heat-images.com)

St. Clair Hospital Diagnostic Imaging Services  
[www.stclair.org](http://www.stclair.org)  
State-of-the-art diagnostic imaging services at multiple locations: the Hospital; St. Clair Outpatient Center - Bethel Park and the St. Clair Outpatient Center - Peters Township; and the MRI Center on Broughton Road.

Tri-State Mobile X-Ray  
412-881-9333  
[www.tristatemobilexray.net](http://www.tristatemobilexray.net)

## INSURANCE

Medicare Specialists of Pittsburgh  
412-343-0344 • [www.medipgh.com](http://www.medipgh.com)  
Medicare made easy

Highmark  
HaveTheDocTalk.com  
Our Doc Talk Checklist makes asking the right questions easier. Free for anyone with Medicare.

## MASSAGE THERAPY

Beaufusion Massage, LLC  
James Stark • (724) 255-6610  
[www.beaufusion.com](http://www.beaufusion.com)

## MATTRESSES

Sleep Pittsburgh.com  
(412) 462-7858 Homestead  
(412) 492-7858 Glenshaw  
[www.SleepPittsburgh.com](http://www.SleepPittsburgh.com)  
Your Local Discount Mattress Store  
Guaranteed lowest prices on mattresses, futons, bunk beds, and more.

## MEDICAL SUPPLIES/ DIABETIC SHOES

Eagle Medical Equipment  
724-218-1051  
[www.eaglemede.com](http://www.eaglemede.com)

Ponsi Shoes  
1-866-708-5825  
[www.ponsishoes.com](http://www.ponsishoes.com)  
Diabetic & Orthopedic Shoes, Custom Orthotics, Stair Lifts, Power Chairs, Scooters, Incontinence Supplies

## MENTAL HEALTH

Ohio Valley Hospital Outpatient Psychiatric Clinic  
OVH Kennedy Twp Outpatient Ctr  
412-458-1331  
[www.ohiovalleyhospital.org](http://www.ohiovalleyhospital.org)

## NUTRITION COUNSELING

Wilfred R. Cameron Wellness Center  
724-250-5207  
[www.wrcameronwellness.org](http://www.wrcameronwellness.org)  
[www.facebook.com/CameronWellness](https://www.facebook.com/CameronWellness)  
Food sensitivity testing, nutritional counseling.

## ORTHOPEDICS

Advanced Orthopaedics & Rehabilitation  
1-800-828-CAST (2278)  
[www.advancedorthopaedics.net](http://www.advancedorthopaedics.net)

South Hills Orthopaedic Surgery Associates, P.C.  
412-283-0260  
[www.southhillsoortho.com](http://www.southhillsoortho.com)

WHS Orthopedics and Sport Medicine  
724-206-0610 • [whsdocs.org](http://whsdocs.org)

## PAIN MANAGEMENT

Ohio Valley Pain Treatment Center  
412-777-6400  
[www.ohiovalleyhospital.org](http://www.ohiovalleyhospital.org)

## PEDIATRICS

Pediatric Alliance  
[www.pediatricalliance.com](http://www.pediatricalliance.com)  
The largest physician owned pediatric practice in our area - 17 locations.

## PHARMACY/MEDICATION MANAGEMENT

AccuPac  
(800) 727-3583  
5020 Centre Ave, Pittsburgh  
Medication Made Easy! Free Delivery!

## PHYSICIANS

Washington Physician Hospital Organization Provider Network  
[whs.org](http://whs.org) (See page 28-29)

Ohio Valley Primary Care  
412-458-5696  
New location at Crafton-Ingram Outpatient Center. Other locations in Coraopolis, Kennedy Twp, South Side

## PODIATRY

Beaver Valley Foot Clinic  
724-772-FOOT (3668)  
[www.BVFootClinic.com](http://www.BVFootClinic.com)  
Locations in Cranberry, Ambridge, Hopewell, Moon and Chippewa.

## REHABILITATION/ PHYSICAL THERAPY

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

Ohio Valley Hospital's The Balance Center  
412-777-623  
[www.ohiovalleyhospital.org](http://www.ohiovalleyhospital.org)

UPMC Centers for Rehab Services  
1-888-723-4CRS (4227)  
[www.upmc.com/4CRS](http://www.upmc.com/4CRS)

WHS Physical Medicine and Sports Rehabilitation  
724-229-2700 • [whsdocs.org](http://whsdocs.org)

## SCHOOLS

DePaul School for Hearing and Speech  
[DePaulHearingAndSpeech.org](http://DePaulHearingAndSpeech.org)

Western Pennsylvania School for Blind Children  
1-800-444-1897  
[www.wpsbc.org](http://www.wpsbc.org)

## SPA SERVICES

Spa Harmony At the Wilfred R. Cameron Wellness Center  
724-250-5238  
[www.spaharmony.org](http://www.spaharmony.org)  
[facebook.com/spaharmonyCWC](https://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, skin care and body treatments.

## VISUAL IMPAIRMENTS

Blind & Vision Rehabilitation Services of Pittsburgh  
412-368-4400 x 2231  
[www.bvrsppittsburgh.org](http://www.bvrsppittsburgh.org)

AIO The Eye Surgeons  
888-634-9800  
[AIOvision.com](http://AIOvision.com)  
Cataracts • Cornea • Glaucoma  
Lasik • Refractive • Retina

## WALK-IN BATH

Kohler Walk-In Bath  
888-711-3289  
[www.homesmartind.com](http://www.homesmartind.com)

## WOMEN'S HEALTH

K & J's Complete Woman  
Monroeville: (412) 646-4661  
Bethel Park: 412-835-5093  
[www.kjcompletewoman.com](http://www.kjcompletewoman.com)  
Breast Forms, Bras, Wigs

## WOUND CARE

Ohio Valley Hospital's The Wound Care Center  
412-250-2600  
[www.ohiovalleyhospital.org](http://www.ohiovalleyhospital.org)

Washington Health System Wound & Skin Healing Center  
724-222-5635 • [www.whsdocs.org](http://www.whsdocs.org)

## YOGA & PILATES

Live Well Yoga & Pilates At the Wilfred R. Cameron Wellness Center  
724-225-WELL (9355)  
[www.wrcameronwellness.org](http://www.wrcameronwellness.org)



# Care for Serious Illness

Don't choose just any homecare...  
choose the one your hospital chose!



## Concordia Hospice of Washington offers:

- Quality end-of-life care for serious illness
- Pain and symptom management
- Spiritual Care
- Respite Care
- Inpatient level of care in an 8 bed facility at the Donnell House

- Professional Nursing
- Therapy Services
- Palliative Care
- TeleHealth Technology
- Disease Management Programs

### Caregivers Resources...

**724-250-4500**

[www.concordiahw.org](http://www.concordiahw.org) [www.seriousillness.org/washington](http://www.seriousillness.org/washington)

Managing pain, easing fatigue, helping with bathing... these are just some of the many ways that family members support an ailing loved one. Visit our educational website to learn more.

### For Family Caregivers of Aging Parents...

If you're looking for helpful tips and information, please visit our educational website.

**1-844-942-9700**

[www.concordiavn.org](http://www.concordiavn.org) [www.elderpagespittsburgh.com](http://www.elderpagespittsburgh.com)

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QUALITY  
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PROVIDING THE HIGHEST LEVEL OF CARE TO OUR PATIENTS IS OUR GREATEST REWARD

St. Clair Hospital is consistently rated as the market leader for quality, patient safety, patient satisfaction, value, and cost transparency. These accomplishments reflect St. Clair's culture of continuous improvement, one that has been recognized by a host of independent third-party evaluators. It's patient-focused care that is propelling us to not only be the best regionally, but among the best in the nation as well. It's all part of our pledge to provide *the* best health care to our patients.



Sources: *Comparion Medical Analytics; The Leapfrog Group; Press Ganey; CMS*

