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**Could Stem Cells
Be The Next Penicillin?**

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BONE & JOINT GUIDE

**BACK TO
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Could Stem Cells Be The Next Penicillin?

By David Ebner

Chances are that you have heard about stem cells. But did you know that stem cells are being used right now in the United States to treat debilitating lung diseases? With advancements in the study of stem cells, the question is posed: are stem cells the next penicillin? Stem cells and penicillin come from humble beginnings, they are both used to treat life-threatening conditions, and just like penicillin, stem cell biologists have won Nobel Prizes for their discoveries. Penicillin, originally discovered in 1928 by the Scottish biologist, Sir Alexander Fleming, did not see its full potential until WWII. It wasn't until 1945, that Sir Fleming received the Nobel Prize.

Over time, stem cells have crept into the national dialogue as a buzzword, particularly the stem cells found in fetuses. However, the stem cells being used to treat diseases in the U.S., and the same cells that warranted the 2012 Nobel Prize in Medicine, are adult stem cells. This

type of stem cell is found fully developed in all people.

At the turn of the 20th century, biologists discovered that some cells in the body had not yet been assigned as a certain type of cell. The use of these cells to treat diseases



The discovery of penicillin was an early example of ground breaking medical advancements changing the course of modern medicine.

traces back to 1968 when the first bone marrow transplant was performed. The result of placing healthy stem cells into a sick individual's body is the creation of healthy blood cells that are not infected. In turn, these cells replace the diseased ones and start to heal the patient.

Today, a clinic called the Lung Institute is using adult stem cells from the patient's own fat, blood or bone marrow to provide similar healing results for people with lung diseases. The physician gives the patient a growth factor that multiplies the stem cells into millions of healthy cells before extracting the stem cells from the patient, then they separate the cells and reintroduce them into the patient's body. The result, healthy cells replace the damaged ones found in the lungs.

Just as penicillin was recognized by the medical community, so have stem cell developments. If the number of people who have already been successfully treated with stem cells is any indication of the future, then it will undoubtedly be heralded as one of the ground-breaking medical technologies of its time.

> If you or a loved one suffers from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at (855) 429-2557, info@lunginstitute.com or visit lunginstitute.com/GoodHealth to find out if these new treatments are right for you.

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Knee Surgery and Rehab Help Tom Walker Raise the Jolly Roger

As the sun rose over Tom and Carolyn Walker's home in Gibsonia, Pa., and glistened off the snowy roof that would soon give way to spring, Tom struggled to stand up from his bed and start his day.

He didn't have to pitch a major league baseball game that night or drive to begin a 12-hour workday. At 66, Tom was now poised to relish retirement, peppered with golf strokes, garden weeding, grandchildren's birthday parties and 81 Pirates home games where he sees his son, Neil, protect second base with the Bucs.

But arthritis had different plans for Tom.

The often debilitating joint pain had worked itself into the crevices of Tom's left knee. He had already had his right knee replaced two years earlier, so he recognized this past winter that it was time to once again call his orthopaedic surgeon, Nicholas Sotereanos, MD, of the Allegheny Health Network (AHN) Orthopaedic Institute.

"It is a horrible disease that afflicts so many people – young and old. It runs in my family, and I haven't escaped it at all," Tom explained.

A former major league baseball player who pitched for six years with the Montreal Expos, Detroit Tigers, St. Louis Cardinals and California Angels, Tom has been tormented by arthritis in his shoulders, hips and both knees.

"Arthritis has caused me to temporarily give up things in my life that I have looked forward to. My wife and I wanted to travel, but I couldn't walk even a quarter mile," said Tom. "We are blessed with four children, eight grandkids and one on the way, and we have Neil playing major league baseball in our hometown. We can leave home and be in our seats in 40 minutes. Not many parents can say that, and that's not something I want to miss."

After retiring from baseball, Tom spent 25 years in the healthcare industry and wrapped up his second career about a year ago. Not long after, Tom had his other knee replaced at Allegheny General Hospital on March 31 by Dr. Sotereanos. He recovered in the hospital for four days, and Tom is gradually progressing his way back to an active life with his wife of 40 years.



"It's challenging to go through this, so I feel fortunate to have had Dr. Sotereanos as my surgeon and to have the excellent crew at the Wexford Health + Wellness Pavilion that's rehabbing me," Tom said. "I go three times a week and should be finished by the end of July and back playing golf by September."

Also a patient of the AHN Orthopaedic Institute, Neil expressed confidence in the team that takes care of both his father and his teammates, as AHN is the official medical provider of the Pittsburgh Pirates.

"I know that we are in expert hands with our AHN doctors and staff, and I'm grateful that they have my dad walking again with more strength and without pain," Neil said. "My dad has always taught me that if you want something, you have to work for it. He keeps living that lesson, even today as he works hard through rehab."

AHN Orthopaedic Institute offers joint replacement surgery at several locations throughout the region. Call 412.DOCTORS (362.8677)

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Reasons You Are Not Progressing

By Joanna Ross, MS

You go to the gym five days a week, try to eat healthy and work out for at least an hour each time. So why isn't your workout working? When you start a new regular and vigorous exercise routine, you start seeing results quickly at first, but eventually reach the dreaded "PLATEAU." These frustrating flat-lines in your workout usually occur between four to eight weeks and typically cause discouragement and despair. There is good news though! There are reasons why your workout routine may not be benefitting you.

The most important and undoubtedly most difficult component of changing the way you look and feel is diet. By consuming foods low in saturated fats, trans fats, and sugars your body will better adapt to your exercise routine. Complex carbs, such as brown rice and whole grains, natural sugars like those found in fruits, and lean proteins, such as chicken or fish, provide a solid foundation upon which to build your healthy lifestyle. Some people find help from a Registered Dietitian valuable to rebooting their eating patterns.

Now that you have the foundation of a proper diet to complement your exercise routine, you may still be struggling to see results. The key to breaking the plateau is variety! Your body adapts to exercise and your muscles need new exercises to continue growing. In addition to keeping your muscles excited, variety helps to stimulate the mind. Mixing up your workouts keeps you from getting bored and challenges you. Try incorporating strength training, yoga, Pilates, boot camp style routines and even a pool workout! With the additional help of a Personal Trainer, your workout will never become stale.

Even with proper diet and varied workouts, many people fail to see results because they fall prey to the temptation of the post-workout reward. After your intense hour of lifting and cardio, do you reward yourself with a double cheeseburger? How about ice cream? The prize you choose will aid in

reaching your health and fitness goals. To help avoid temptation, try preparing healthy snacks ahead of time for your post-lift treat. You will be less inclined to indulge if you have a convenient, healthy and satisfying snack at hand.

Another good way to keep on track of your goals is to get your friends and loved ones involved. Before you go for dinner and drinks with the girls or wings with the guys, think about whether those activities are going to help or hinder your workout progress. Try suggesting something relaxing like a spa day or round of golf.

So remember, as you're going through your intense, sweat-worthy workouts, it is important to make sure that your diet is on track, you have a variety of exercises that keep your muscles and mind excited, and that you are not rewarding yourself with items or activities that will prolong your journey towards your fitness goals. The end result will be worth the hard work and dedication.



Jackson Momplaisir, Exercise physiologist and Personal Trainer with the Wilfred R. Cameron Wellness Center, trains Emily Mahoney during an outdoor boot camp.

> Joanna Ross, MS, is an exercise physiologist and personal trainer at the **Wilfred R. Cameron Wellness Center**. To learn more about the Washington Health System Wilfred R. Cameron Wellness Center, visit the website www.wrcameronwellness.org. For membership information, call **(724) 250-5208**.

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Esophageal Cancer Has Changed, Now Linked to Reflux

By Nancy Kennedy

Within the past two decades, esophageal cancer has evolved: the type of cancer affecting the esophagus has shifted, the location of the cancer within the esophagus has changed, and the risk factors are different. This “new” esophageal cancer is, according to the American Cancer Society, rising in frequency, with 16,980 new cases expected to be diagnosed in 2015. It is far more common in men, and treatment is improving. Still, it is a deadly disease: 15,590 will die of esophageal cancer this year.

St. Clair Hospital cardiothoracic surgeon Richard Maley, M.D., recalls that in the early days of his practice, cancer of the esophagus occurred nearly always in the upper part of the esophagus. It was predominantly squamous cell carcinoma, and it was linked to the use of tobacco and alcohol, especially in combination. Today, cancer of the upper third of the esophagus has dramatically declined, most likely due to the decrease in smoking in the past decade. That’s great news – but unfortunately, esophageal cancer continues to be a significant problem.

According to Dr. Maley, there are two types of esophageal cancer: squamous cell, and adenocarcinoma. “These two types of cancer have different causes,” he explains, “and they occur in different parts of the esophagus. The esophageal cancer that we see today, adenocarcinoma, is found in the distal, or lower, part of the esophagus, where the esophagus meets the stomach. The rate of this type of cancer is increasing and this is believed to be related to the increased incidence of gastroesophageal reflux.”

Gastroesophageal reflux, sometimes referred to as GERD or simply



“Most people with reflux will not get esophageal cancer, but having chronic reflux does raise the risk. There is no need to do screening EGD’s on everyone, but if you have symptoms, you should be screened. Early diagnosis improves prognosis.”

-Dr. Richard Maley

reflux, is a condition in which the contents of the stomach flow in reverse, from the stomach back up into the esophagus, through a lax ring of muscle at the juncture of the two organs. Normally, this muscle acts as a valve, closing off the opening to the stomach after food passes through. When one has reflux, fluid containing enzymes and gastric acid bathes the lower esophagus, causing irritation to the tissue. This irritation can lead to pain, heartburn, and sometimes nausea; less often, it can be asymptomatic. It’s an increasingly common condition among American adults. Fortunately there are many pharmaceutical products, both over the counter and by prescription, that treat it effectively. Antacids and acid blockers including Pepcid, Zantac and Prilosec are among these medications.

“When a patient with chronic reflux comes to see me,” says Dr. Maley, “I ask them if they have been scoped – have they had an esophagogastroduodenal endoscopy, or EGD? This is a diagnostic procedure that allows us to visualize the tissues of the esophagus, stomach and duodenum. It’s important to see if the patient has developed Barrett’s Esophagus, a complication of chronic reflux in which the cells in the distal portion of the esophagus change, due to continuous exposure to acid. These cells start to look like stomach and intestinal cells, or what we call Barrett’s cells. If they are present, there is a slightly increased risk of dysplasia, a pre-cancerous condition in which the cells become abnormal. Some patients with Barrett’s esophagus will have an elevated risk of developing esophageal adenocarcinoma.”

Just 15 years ago, a patient with Barrett’s esophagus who developed severe dysplasia would undergo a procedure called esophagectomy – the surgical removal of the esophagus. In 2015, the technology exists to make that surgery largely obsolete. “This can be diagnosed and treated entirely through the mouth, with endoscopy,” explains Dr. Maley. “We can catch Barrett’s esophagus early and monitor it. We have the technology to treat it with endoscopic radiofrequency ablation and even resection of the mucosa.” Ablation refers to a procedure in which specially-designed catheters are inserted into the affected esophageal tissue to deliver precisely targeted burns that destroy the abnormal cells. It is an outpatient procedure, there is no incision involved, and the patient is lightly sedated.

Through lifestyle changes, it is possible to reduce one’s risk of developing esophageal cancer. As reflux, and especially Barrett’s esophagus, is the most common risk factor for esophageal adenocarcinoma, measures to prevent or manage reflux are paramount. (See sidebar). “Most people with reflux will not get esophageal cancer, but having chronic reflux does raise the risk,” Dr. Maley says. “There is no need to do screening EGD’s on everyone, but if you have symptoms, you should be screened. Early diagnosis improves prognosis.”

Dr. Maley is board-certified in both cardiac and thoracic surgery has been performing surgery at St. Clair Hospital since 1999.

MEASURES TO AVOID OR REDUCE REFLUX

Heather Martorella, Oncology Nurse Specialist for St. Clair Hospital, offers the following suggestions to reduce your risk of developing reflux and Barrett’s esophagus:

- Take your reflux medications exactly as prescribed
- Avoid alcohol
- Eat small meals
- Maintain a healthy weight; lose weight if you are obese
- Remain upright after eating
- Don’t eat at bedtime
- Identify and avoid foods that give you symptoms
- Increase your intake of fruits and vegetables
- Do not smoke



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To contact St. Clair Hospital cardiothoracic surgeon **Richard Maley, M.D.**, or make an appointment, call his office at **(412) 942-5710**.

Multiple Myeloma Cancer

Lynette Tomasetti: Stem Cell Transplant Offers Hope

By Lois Thomson

Think back about a year ago, and reflect on the things that happened in your life over those past 12 months. Now imagine that you are Lynette Tomasetti, who had her whole life turned "upside down" during that time.

In early 2014, Tomasetti was experiencing considerable pain in her neck that moved to her shoulder, and finally became so severe that she couldn't move her arm. When a trip to the chiropractor didn't provide any relief, he told her he thought she had a broken collarbone. "So I went to see an orthopedic surgeon at Steel Valley Orthopaedics, and he took X-rays, then said he wanted to do a CAT scan. The CAT scan showed that I have holes (lytic lesions) in my bones, all through my shoulders, and my collar bone, and from head to toe. Dr. (David J.) Stapor said, 'I'm really sorry to tell you this, but I think you have myeloma.'"

Dr. Stapor was right, and the diagnosis was multiple myeloma, a blood cancer that starts in the bone marrow's plasma cells. "A lot of women have breast cancer, but I never heard of this, I didn't even know what it was," Tomasetti said. And thus began a grueling procedure that stretched out over the next several months.

She first went to the Allegheny Health Network Cancer Institute at Jefferson Hospital to meet with an oncologist, Dr. David Meta, who sent her to Allegheny Health Network Cancer Institute - West Penn Hospital to another oncologist/hematologist specialist, Dr. Cyrus Khan. "That started the process. I had 10 radiation treatments, 12 rounds of chemo, and then the stem cell transplant. The staff is so supportive, and that's what gets you through it. You have no idea what's going on; your life has just been turned upside down. I'm 48. I was working full-time, I'm married, I have two teenagers. It was very tough. People would say I was brave but I wasn't brave. Everyone just took care of me every step of the way."

Tomasetti described the transplant process: she said stem cells are located in bone marrow, but a procedure was devised that releases them into your blood stream, and the first step is to collect them. "You are hooked up to a machine that circulates the blood out of your body five times, and this machine knows the difference between your blood and stem cells; so it only collects the stem cells and puts the blood back into your body. It's amazing.

"So they collected stem cells, froze them, and two weeks later I went back to West Penn Hospital for the transplant. Basically it's two days of strong chemo, and on the third day they do the actual stem cell transplant. Using that machine, they put the stem cells back into your blood stream, and then they travel into your bone marrow. The chemo should kill all of the cancer cells, but the stem cells are pure, they're clean, so they go back in and hopefully rebuild your bones."

Months later Tomasetti is still dealing with myriad health issues, side effects from the myeloma. She is seeing a neurologist, a physical therapist, and has follow-up medical appointments, but said, "We are so blessed. We have two hospital systems in Western Pennsylvania that do stem cell transplants, and they're both here in Pittsburgh – Allegheny Health Network Cancer Institute and UPMC. People come from Erie, Altoona, Johnstown to go to them."

Tomasetti didn't have to have the transplant, but she would recommend it. "The alternative is just to rely on radiation and chemo. This doesn't guarantee anything because there is no cure, but it gives you a better chance to go into remission."



“ The staff is so supportive, and that's what gets you through it. You have no idea what's going on; your life has just been turned upside down. I'm 48. I was working full-time, I'm married, I have two teenagers. It was very tough. People would say I was brave but I wasn't brave. Everyone just took care of me every step of the way. ”

Family, friends and Faith... and a Positive Attitude

What enabled Lynette Tomasetti to get through the tough times of her stem cell transplant? "The support of my husband, family and friends, and our church, that's how we got through it. I was so sick all summer, my church and my family cooked for us for months, through the whole process. My church prays for me every week and sends cards. I couldn't drive so I had to get rides to all of my appointments. You realize what's important in your life when you're faced with a situation like this. Your family and your friends and your faith is what gets you through."

A positive attitude is important, too. Tomasetti said if she had known everything she would have to go through, she probably would have said, "No way!" But she added, "But you just take it one step at a time, get through it one day at a time. My oncologists said the medication is important, but the patient's attitude is very important as well."



For more information, you can reach Lynette Tomasetti at ltomasetti@msn.com. If you have questions about myeloma and its treatment, a call to the **International Myeloma Foundation InfoLine, 800-452-CURE**, puts you in contact with an IMF Information Specialist. You can also visit their website www.myeloma.org

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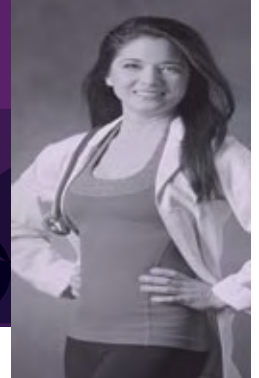
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Women for a Healthy Environment: Empowering Women to Advocate for Change

By Nancy Kennedy

Women get it. Women understand that there is a link between environment and health, and they are concerned about the environmental toxins that surround each of us, in our homes, schools, workplaces and communities. Toxins are impacting personal health as well as public health. Women recognize this and know that they have both an opportunity and a responsibility to protect themselves, their children and their families.

Because they get it, more than 2,000 local women showed up when the first Women's Health and The Environment conference, sponsored by The Heinz Endowments and Magee Women's Hospital of UPMC, took place in Pittsburgh in 2007. The response stunned, pleased and intrigued the conference planners, recalls Michelle Naccarati-Chapkis, executive director of Women for a Healthy Environment (WHE), the non-profit organization that grew out of that conference. "The confer-

ence was a gathering of scientists, government leaders and healthcare professionals who shared concerns about environmental exposures and women's health. No one was expecting such an overwhelming response. We thought to ourselves, 'Something is going on here,' and 'how do we continue the dialogue and address these issues throughout the course of a year.'"

And so the conference planners, a group of visionary women leaders including Teresa Heinz, created WHE in 2009. "We began as a network of women who care deeply about health and the environment," explains Naccarati-Chapkis. "Our mission is to educate, involve and empower community members to act as change agents in their homes and communities, providing them with information about the relationship between the environment and health. The region wants this – they



Through educational sessions and workshops, WHE aims to educate women on healthy eating and environmental risks.

want to 'go green' and are eager for the knowledge and tools to reduce risks to themselves and their loved ones. They want healthy homes, schools and workplaces where environmental exposure to toxins is eliminated or minimized." As a result, WHE programming now extends its reach beyond what the name implies. The organization works with schools and day care centers, civic organizations, health care professionals, and corporations.



WHE Executive Director Michelle Naccarati-Chapkis

Statistics indicate that women are the decision makers for their families, Naccarati-Chapkis says. "Women generally do the shopping and manage the home and the family's healthcare. They make daily decisions about the products their families use, from food to personal care products and cleaning supplies. They know there are chemicals and toxins in food and the products we use. We have the science: studies over the past 20 years have confirmed the link between environmental exposure and health. There is a cumulative effect. Many diseases, including reproductive health problems, have been linked to toxic chemical exposures. Through our organization, you can learn to choose safer products. Avoiding hazardous ingredients in food and consumer products is essential for good health."

Interest in the impact of environmental exposure on health has increased dramatically in just a few years. "People want to know about the products they use and the quality of the air and water in their community. They care about pollution, pesticides and chemicals in consumer products. It all matters – how our food is grown, processed, packaged and transported, and how we prepare food. Many ingredients are unhealthy, and WHE educates the community, including new and

WHE has a Speaker's Bureau and offers educational programs tailored to the needs of workplaces, schools and community organizations. For more information, visit WomenForAHealthyEnvironment.org.

1 expectant mothers, about what to avoid or limit. At home, at school or at work, make one change at a time. We're here to help – we have all the resources you need."

Fragrance is especially problematic. Every day, Americans are exposed to hundreds of synthetic fragrances in thousands of cleaning and personal care products. They all smell good, thanks to any combination of 3,000 chemicals that may be used to create the fragrance. "People believe that for a product to be effective, they have to be able to smell it," says Naccarati-Chapkis. "Fragrance sells products. Fragrance also causes respiratory problems, chemical sensitivity, allergies and neurologic symptoms such as headache. A single product may contain hundreds of chemicals and most are not tested. WHE has a Fragrance Free Initiative to improve indoor air quality in the places we live, play, learn and work."

WHE's web site is a treasure trove of information based on the latest science. Informative, colorful and easy to navigate, the site features sections about events, programs and consumer products. Anyone can find information to make changes in their daily lives. "Become informed, make educated decisions, volunteer and engage! We're passionate about our mission, and we want others to join our network," Naccarati-Chapkis enthuses. "There are many opportunities to get involved."

As a passionate environmentalist with a background in conservation and land protection at the Western Pennsylvania Conservancy, Naccarati-Chapkis is perfectly qualified for her position at WHE. Under her energetic leadership, the organization is growing and generating interest across the region. "At WHE, we believe that consumers have the power to make a difference," she claims, "and we are empowering them to make healthy choices and advocate for change. This results in a healthier community for all."

(See accompanying story on "Protecting Children's Health From Toxic Chemicals" on page 27.)

Helping to create HEALTHIER HOMES Before, During, and After Pregnancy!

Would your organization like a representative from Women for a Healthy Environment to speak at your upcoming event?



Women for a Healthy Environment (WHE) has expanded its programming to include educational sessions and training in the area of **Maternal & Child Health**. These workshops focus on creating a green, eco-friendly, healthier home environment for families. They educate participants on potential environmental risks in the home and provide solutions for change.

Session modules include:

- **Creating a Healthy Start for Baby**
- **Healthy Homes, Healthy You**
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For more information please contact:

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The sessions are **FREE** thanks to a generous grant from The Heinz Endowments!

The sessions are approximately an hour long and can be scheduled during the day or evening.



www.WomenForAHealthyEnvironment.org



Managing Your Pelvic Floor With Physical Therapy

By Daniel Casciato

Many women who are suffering from pelvic floor dysfunction are now turning to physical therapy for relief.

Pelvic floor dysfunction consists of problems that occur when the muscles of your pelvic floor are weak, tight, or there is an impairment of the sacroiliac joint, low back, coccyx and/or hip joint. Some of these problems include urinary incontinence, involuntary loss of urine or pain during intercourse.

These conditions are often the result of infections, pregnancy or childbirth, poor posture from chronic low back, or trauma. The pelvic floor is comprised of muscles and other tissues that form a sling from your pubic bone to the tailbone. They help support the abdominal and pelvic organs as well as assist in controlling the bladder, bowel and sexual activity.

Susan George, a physical therapist who directs the women's health program for UPMC Centers for Rehab, encourages women to seek assistance from a physical therapist early on in the process.

"The sooner we are able to identify the source of pain, the sooner we are able to address the issue," she says. "You don't have to live with this pain. There are things that can be done to achieve better function. Physical therapy is a tool you can use to empower yourself to manage this condition."

George notes that about 50 percent of women will have pelvic floor dysfunction at some point in their life.

"They either have pain or urinary incontinence; but this problem is so prevalent that we need to look at helping women get back to a better quality of life," she says. "We are able to help you manage this condition. You don't have to presume that because you delivered a baby and have issues with



Susan George

intimacy, you don't have to deal with it. We can help you enjoy intimacy the way you were able to before you delivered your baby."

The key for treating and managing your pelvic floor dysfunction is diagnosis and understanding what the cause of the pain is. If it's an infection, George says a physician can address that issue.

However, if it's muscle spasms or muscle weakness, a physical therapist can help you manage the problem.

"We discuss the appropriate treatment so your quality of life improves in the long run," says George. "We typically start every patient we see with a home exercise program early on. We want you to begin to independently manage your condition and solve your own issue long term."

The greatest problem, according to George, is that about 50 percent of women are unable to correctly contract their pelvic floor muscle. Although Kegel exercises have been handed out for decades, George says many women do not know how to correctly activate those muscles.

"We can help you find your pelvic floor muscles, teach you how to use them and how to activate these muscles in certain activities," she says. "It doesn't matter if you are 20 or 80, these muscles can be strengthened and we can help you reduce your pain regardless of your age."



For more information or to schedule an appointment, call 1 (888) 723-4277 or visit www.upmc.com/4CRS.

50 percent of women will have pelvic floor dysfunction at some point in their life

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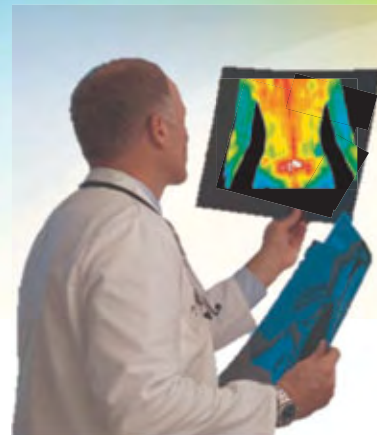
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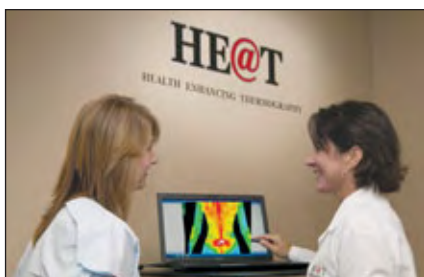


Is 25 the New 40?

All Women Can Benefit From Thermography Breast Screening

By **Bethany Narey**

Women are being diagnosed with breast disease at younger ages. It is imperative we have breast health screening options available to younger women. The standardized age for a woman to receive a mammogram is 40 years old, this leaves a potentially dangerous gap in breast health care. Posing the question, is 25 the new 40? And what options are out there?



Thermography can provide a clinical marker for a specific area of the breast that needs particularly close examination OR a general baseline for your overall breast health.

Why Thermography?

Thermography can see activity and changes outside of other tests such as mammography and ultrasound. Where mammography looks for anatomical changes or structure, thermography looks for physiological changes or how the body is functioning. Medical doctors analyze heat temperature differences and patterns that indicate cell change

and vascular dysfunction. Thermography allows for an earlier look at your breast tissue and can potentially identify dysfunction before a structure has developed. Your doctor can then plan accordingly and layout a program to further diagnose and monitor your health.

With 1 in 8 women developing breast disease and the percentage of women under the age of 40 being diagnosed it is important to have additions to our breast health screening. Thermography offers the opportunity of earlier detection of dysfunction in any area of the body than has been possible through self-examination, doctor examination, mammography, ultrasound, or x-ray alone. Thermography is not a stand-alone test. When thermography and mammography are used together the best possible evaluation can be made.

Thermography

Digital infrared thermal imaging also known as thermography is a 15 minute non-invasive test of our bodies' physiology. In short- thermography studies how your body is functioning. The detection of disease is achieved by displaying thermal abnormalities and patterns present in the body. Thermography can aid in the detection of subtle physiologic changes that accompany pathology, whether it is cancer, fibrocystic disease, an infection, or a vascular disease. Thermography is; radiation-free, painless, and requires NO contact with the body

This makes thermography a valuable procedure for alerting your doctor to changes that can early indicate early stage dysfunction or disease.

Who Can Benefit?

All women can benefit from thermography breast screening. However, it is especially appropriate for women 23-55 whose denser breast tissue makes it more difficult for mammography to be effective. Also for women of all ages who do not want exposure to radiation, have implants, are fibrocystic, have had a mastectomy, or are unable to undergo routine mammography.



We invite you to visit **Health Enhancing Thermography** at our Bethel Park location. Call Health Enhancing Thermography at **(855) 254-4328** or visit us online at **www.heat-images.com**.

Living In Abundance Brings Contentment

by **Kelly Haywiser**

"It's Complicated" is not just a movie, but also an excuse to not making positive changes. Did you know that complications are manageable? Complications are found in our time, our careers, our relationships, and our health. Dealing with complications should never stop us from living in abundance. Taking a holistic approach is about being fully aware of what we are doing from a mind, body and spiritual aspect. A holistic step is simplicity. If life was "simple"; my mother once stated - EVERYONE would be happy. I believe this. Awareness and Simplicity are keys to opening doors to living in abundance.

Living in abundance is the practice of integrating Mind, Body and Spiritual principles with our Awareness in our lifestyle choices. As a wellness coach, my hope is that my clients become Fully Aware. Call this Enlightened. Call this "The light bulb just went off". Call this an "Ah Ha" moment. It is that moment when you STOP and say "NO MORE!"

Our choices will impact the abundance we can achieve. Consider your choices in your eating, your physical activities, your career, your relationships, or your spiritual path. I'm not talking about only financial abundance; although that is where most people would assume. Living in abundance includes all areas of our lives and how they affect you and your family. It is bringing about peace, harmony and contentment.

Take a guided visual journey.

- Close your eyes and sit peacefully.
- Visualize yourself in a large, bright room with many doors. The doors all lead to an open courtyard that is your Abundant Lifestyle. This lifestyle may include:



"A holistic step is simplicity. If life was "simple"; my mother once stated - EVERYONE would be happy. I believe this. Awareness and Simplicity are keys to opening doors to living in abundance."

-Kelly Haywiser

- What meals to eat?
- What activities to practice?
- What career to perform?
- Who are the people to love?
- What spiritual practices to follow?

Now stop and say "NO MORE" to all the complications. Be "fully aware" of what you are dealing with day to day. Your awareness is through self-analysis, or with help from a physician, mentor, pastor, friends, or life coach.

- Choose the door stating "HEALTH".
- Your right hand has a key stating "SIMPLICITY".
- Your left hand is a report listing of all your health concerns. Be fully aware. Fold it up and put it in your pocket. Know that if you don't take simple steps to your HEALTH door, you could experience these in the future.

- There is a water bottle. Grab it, knowing this simple step is to hydrate your body. By hydrating you are reducing aches and pains, reducing cravings and possibly leading to necessary weight loss. The bottle feels good in your hand. You realize that it is your buddy and you need to take it with you everywhere. "Another Awareness"
- Continue to take simple, conscious steps to your abundant healthy lifestyle.

- When you open the door, look at what you really, truly want and desire for yourself.

Through self-awareness and simple steps; you can take a holistic approach to an Abundant Lifestyle.



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



Cura Hospitality Chefs Promote Healthier Eating at AHN's Wexford Health and Wellness

A Healthy Cooking for Life Series at Allegheny Health Network's (AHN) Wexford Health and Wellness Pavilion is becoming an exciting destination to learn how healthier eating and preparation techniques with fresh ingredients and local foods can help to control weight, improve mood, combat disease, boost energy, and increase longevity! Held monthly at Wexford's Demonstration Kitchen, these healthy cooking demos are offered free or at little cost to the general public.

Guests enjoy the culinary education they receive as well as the delicious samples of food prepared by chefs from Cura Hospitality, Wexford's dining services partner. A recent demo featured blackened salmon over micro greens, drizzled with a scratch-made avocado vinaigrette – the perfect summertime meal for a healthy indulgence!

According to Stephanie Knaus, Cura chef and manager of the Wexford café, "Our goal is to teach people of all ages a healthier approach to eating and to help them understand why their diet is so important to their health." Demonstrations are enhanced by Terri Spirk, dietitian at Wexford, who discusses the healthy ingredients of the recipes chefs prepare.



Stephanie Knaus, Cura chef and manager of the Wexford café prepares fresh food selections at a recent demonstration.

Many of these demonstrations are held in conjunction with a "meet and greet" of Wexford's primary and specialty care physicians. "It's a great way for guests to get to know our physicians and the state-of-the-art support services including diagnostic images, laboratory services, physical and occupational therapy we offer," said Brittany Siebart, communications/marketing specialist, AHN at Wexford.

Healthy Cooking for Life has featured simple, quick and healthy

home-cooked meals, juices and smoothies, and demonstrations featuring local farmers. In addition to Cura's cooking classes, AHN professionals regularly present free lecture discussions. Guests can also frequent the Health and Wellness Pavilion Café! Located adjacent to the demo kitchen, the café features wellness-driven menu items. "Since there's a significant focus on pushing healthier menu items, we don't have a fryer or offer fountain beverages – we only feature grilled menu items."

Select from healthier options such as egg white omelets with roasted potatoes for breakfast or grilled roasted vegetables and crisp baked chicken for lunch. Guests can also build their own sandwiches, enjoy garden-fresh salads and fruit, and a variety of homemade soups such as turkey chili, ginger carrot, or butternut squash for dine-in or on the go.

The café is open from 7:00 a.m. to 4 p.m. Monday through Friday.



Chef Cameron Clegg of Parkhurst Dining, Cura's sister company, conducts a demonstration that featured blackened salmon over micro greens, drizzled with a scratch-made avocado vinaigrette.

View the complete schedule of classes and events at www.ahn.org/locations/healthwellness-pavilion/wexford-0.

➤ For more information about **Cura Hospitality's Dining Services**, contact: **Kimmi Campagna**, Director of the Patient Experience and Partnership Development at **(412) 327-3452**.

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Preferred Primary Care Physicians

Supritha A. Shetty, M.D. Blends Clinical Excellence with Kindness

By Nancy Kennedy

Growing up in India, Dr. Supritha A. Shetty was fortunate to have an excellent role model who inspired her to pursue a career in medicine and showed her how to treat patients with respect and compassion. That role model was her father, a physician in a small town where the doctor-patient relationship was strong, comfortable and often lifelong. Her father's deep humanity had an impact on his young daughter and even today informs her interactions with her patients at Preferred Primary Care Physicians, Inc., (PPCP) where she began practicing full time in January as an internal medicine specialist and primary care physician.

"I was exposed early to the doctor-patient relationship," Dr. Shetty says. "My father's style was old-fashioned; he knew his patients and their families very, very well. The doctor-patient relationship is an

essential aspect of my practice, too. I believe in developing relationship with my patients by taking time with them, getting to know each of them as a person, not a diagnosis or a problem. I ask about their personal lives. My approach is always to be as kind as I can possibly be. We physicians need to keep in mind that when we see a patient, it is usually at a time when they are sick and are not at their best. They therefore need extra compassion, understanding and kindness from us."

Dr. Shetty brings a wealth of experience and expertise to PPCP. Born and raised in India, Dr. Shetty attended medical school at Kasturba Medical College in Manipal, India, one of the top five medical schools in India. She came to the U.S. to complete a residency in internal medicine at UPMC Shadyside Hospital. She has been in practice as a board-certified specialist in internal medicine since 1999, working primarily at Ohio Valley Hospital on a part-time basis while

raising her family. Now that her two children are teenagers, she is pleased to be back to full time work.

At PPCP, she will care for adult patients at the McMurray and Brookline/Dormont locations of PPCP, along with her colleagues Walter Robison, M.D., Ashith Mally, M.D., and Stephanie Colodny, M.D. She is a member of the Medical Staff at both St. Clair Hospital and Canonsburg Hospital. A resident of Moon Township, Dr. Shetty enjoys the work environment at PPCP. "I appreciate the way things are set up here," she says. "We have a very solid group with the four physicians."

Dr. Shetty chose internal medicine and primary care, she says, because she likes to care for the whole patient. "I enjoy talking to my patients and helping them to feel better. I love the interaction with patients and find it very rewarding. I am never stressed by my work because I like it so much."

medical profiles

Dr. Shetty encourages medical students to consider primary care. "I believe that this is one of the most satisfying specialties. There is so much variety – it is never boring or monotonous. We treat every system of the body, so we have to stay abreast of all the advances in medical science. Each patient is unique. There are few specialties in which you see a patient for decades and follow them through all the stages of their lives."

One of her foremost concerns for her patients, she says, is maintaining a healthy weight. "Obesity is the greatest medical challenge of our time," she says. "It can lead to many diseases and conditions that limit your life, create disability and reduce quality of life. Diabetes, heart disease and arthritis are among the conditions related to obesity. If you treat your body well, eat right and exercise, you will be healthier and live a longer life. If you abuse your body, you will pay the price eventually."

Dr. Shetty does not recommend "dieting." Instead, she believes in changing one's approach to eating. "People should not even think in terms of a diet. Crash diets, going on and off diets – this is not healthy and it doesn't work long term. Instead, become aware of what you eat, know the fat and calories. The food industry is deceptive so you must pay attention. It isn't easy; the odds are against us with tempting foods everywhere. If you are not aware, it can sneak up on you."

Prevention is better than any drug on the market, Dr. Shetty maintains. "Permanent healthy eating will get you to a healthy weight, and maintaining a healthy weight goes a long way toward healthy aging."



To make an appointment with **Dr. Shetty**, call **(724) 941-8877** (McMurray, at the St. Clair Outpatient Center) or **(412) 561-3452** (Dormont/Brookline).



"We physicians need to keep in mind that when we see a patient, it is usually at a time when they are sick and are not at their best. They therefore need extra compassion, understanding and kindness from us."

-Dr. Supritha A. Shetty



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ADDICTION...DRUGS...ALCOHOL...

At Gateway Rehab, New Medications Offer Additional Hope to Those Struggling with Addiction

By Nancy Kennedy

Several new medications for the treatment of persons with addiction are advancing the highly regarded addiction treatment program at Gateway Rehabilitation Center. Gateway has always been in the forefront of addiction treatment, as both a regional leader and as a nationally recognized center of excellence. Now, says Neil Capretto, D.O., F.A.S.A.M., an addiction medicine specialist and Gateway's Medical Director, the treatment team has additional, highly effective "weapons" with which to help the people who seek their expertise.

Those medications – naltrexone (Vivitrol) and buprenorphine (Suboxone) – are transforming the treatment of addiction, as overdose deaths are soaring. "Untreated, addiction can kill you," says Dr. Capretto. "In 1985, when I was starting out in this field, there were 22 overdose deaths in Allegheny County. In 2014, there were 306. That's five times the number of traffic fatalities. In the surrounding counties, the rates of increase are even higher." Nationally, overdose deaths from heroin increased 300% between 2003 and 2013, and overdose deaths from prescription opioids such as Vicodin have increased 92% (Centers for Disease Control).

At Gateway, addiction is viewed holistically, as a "biophysical-social-spiritual disease." Such a complex, multifaceted condition demands a treatment approach that recognizes this and matches it, by bringing together a range of services within a comprehensive program. According to Dr. Capretto, Gateway's addiction treatment program addresses the whole person and the intricate factors – genetics, environment, mental health, physical health and family history among them – that converge to create it. Dr. Capretto regards addiction as a chronic, life-long condition that must be managed on a daily basis: "We don't cure addiction. It is a chronic disease. You have to follow up and you will have to deal with it every single day by working an ongoing program of recovery. And, those who do describe the rewards of recovery as being a very positive, life-transforming experience."

Addiction treatment is too often fragmented, Dr. Capretto says. "Although one piece of it may be helpful, the best outcomes are achieved when the various elements are combined." Gateway's program includes individual counseling, group counseling, and family therapy; detoxification services and medical care; problem-solving skills training; and optional pastoral counseling. Suboxone is part of that treatment program, when indicated, but is not a stand-alone treatment. "When we are asked, 'Do you have



"We don't cure addiction. It is a chronic disease. You have to follow up and you will have to deal with it every single day by working an ongoing program of recovery. And, those who do describe the rewards of recovery as being a very positive, life-transforming experience."

-Dr. Neil Capretto

a suboxone program?' the answer is no, we have a comprehensive addiction program and suboxone may be added to an individual's treatment when we believe they could benefit from it. Suboxone is a partial opioid and has many benefits: it can help with recovery and help the person maintain recovery. It is used to detoxify addicts and it can decrease overdose deaths. People with opioid addiction who have a tolerance to opioids do not get high on it. A dose closes off receptors and blocks other opioids, such as heroin and oxycontin, from working. If you are taking it regularly, it normalizes you."

Another tool utilized at Gateway Rehab is naltrexone, an opioid blocker. Dr. Capretto describes it as a long acting form of Narcan, the medication that reverses the effects of narcotics. Compliance was initially poor because the drug had to be taken daily and didn't last long. "A better form, called Vivitrol, came out. It's an injection that lasts one month. It quiets cravings by dulling the receptors and also blocks opioids from working. Before starting Vivitrol, the person must be off opioids for 7-10 days first. Vivitrol is transforming the treatment of opioid abuse. We have doubled or tripled our rates of success with it."

Dr. Capretto says that the problem of addiction is worse than ever before: "Addiction, especially addiction to opiates, is everywhere, in every community. It doesn't discriminate. Everyone today knows someone who died of an overdose; few families are unaffected. Unfortunately, the stigma of shame persists and is a formidable obstacle to treatment. No one wants to develop the disease of addiction. I've talked with thousands of individuals with addiction and never met one who wanted to be addicted."

"Addiction is a complex problem and it is extremely powerful. Drugs are more potent today and they are more available. It's extremely hard to stay away from drugs when you are surrounded by them. What we do at Gateway is set people on a course to manage addiction, for the rest of their lives. It's an uphill battle but now, when we enhance our treatment recovery tools with new weapons, including these medications, there is more reason for hope."

> For more information, call (800) 472-1177 or visit Gateway Rehab on the web at www.gatewayrehab.org.

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BONE & JOINT GUIDE



Relief for Hip and Knee Arthritis

By Daniel Casciato

The Centers for Disease Control and Prevention estimates that nearly 52.5 million adults in the United States suffer from some form of arthritis. As the population continues to age, the prevalence is expected to increase.

The severity and symptoms vary depending on the specific form of the disease. If you want to better manage the pain associated with this chronic disease, it is imperative to become informed and understand the disease process. The sooner you understand your arthritic condition, the sooner you can begin to manage it and make healthy lifestyle changes.



Dr. Alan H. Klein

Other self-management strategies include gradually increasing physical activity and losing weight.

“Diet and exercise help because it is a wear and tear process, and the more weight you carry, the more pressure you are putting on the joint,” Dr. Klein says. “We actually put 3 to 4 times our body weight across the joint, which is called joint reactive force. So losing weight can help.”

The time to see your doctor, he notes, is if you have tried some of these pain management remedies with no relief, or if you are no longer able to participate in activities you enjoy.

Undergoing Physical Therapy or Surgery

If the above remedies fail, physical therapy is the next option for some patients. A physical therapist can help you exercise and strengthen the muscles around the afflicted joint.

Cortisone injection therapy or viscosupplementation have also been shown to relieve pain in many patients who have not responded to other nonsurgical methods. It could take several weeks to notice an improvement. If the injections are effective, they can be repeated after a period of time.

If your arthritis is still not responding well to home remedies, physical therapy or injection therapy, surgery might be an option for you to consider.

“Sometimes people will have mechanical symptoms and torn cartilage associated with their arthritis, so we might do a minor surgery like minimally invasive arthroscopic surgery where we go in with tiny incisions and clean out torn cartilage,” says Dr. Klein. “If you have good cartilage space remaining, we can go in with a minimally invasive, outpatient procedure, which takes under an hour, and you can get back to doing things pretty quickly after that. I tell my patients that they will know when they are ready for surgery. It’s a personal decision.”

Another surgical procedure to consider is knee replacement or hip replacement. While Dr. Klein says these procedures are much easier to perform than in years past, he cautions that any complications, such as an infection or a fracture around the knee or hip joints, could become a much bigger deal to deal with down the road.

“A native joint has its own issues but once you do a replacement surgery, you are committed to that replacement joint,” he says. “If something goes wrong, you may have to undergo further replacement surgery, and each time you do it, the results may not be as good. So we try to put off that type of surgery as long as possible.”

Dr. Klein stresses that there is no one fix that will make it perfect—you will have good days and bad days.

“For the treatment of arthritis, we have to focus on treating your symptoms because there is no disease modifying treatment. Nothing can cure your arthritis,” he says. “However, through some of the strategies we mentioned—home remedies, physical therapy, injection therapy or even arthroscopic surgery and joint replacement—you can certainly improve your function and alleviate much of your pain.”

Recognizing the Signs and Symptoms

Depending on the type of arthritis, your symptoms can vary. They may come and go or persist over time. Most people with arthritis tend to feel pain and stiffness in and around one or more joints in their knees or hips.

In addition to pain, some people may also suffer from loss of function, loss of motion, as well as the inability to participate in activities that they used to be able to perform regularly, such as walking or exercising.

“Sometimes people just notice pain and stiffness when they first get up from a chair or out of bed,” says Alan H. Klein, M.D., an orthopaedic surgeon with UPMC. “They may need to take a few steps to get their knee or hip back in gear.”

Diagnosing Arthritis

If you suffer from any pain, stiffness, or swelling in or around one or more of your joints, talk to your doctor. To rule out any other causes of your pain, your physician will conduct a thorough medical history and perform a physical exam. The exam will focus on the range motion of your joints to see if there are any areas of tenderness or any swelling in the joints. The definitive test will be X-ray studies.

“Through an X-ray, we can determine the degree of arthritis,” says Dr. Klein. “By definition, arthritis is when the cartilage wears. So on an X-ray, we may see a thin cartilage space or sometimes bone-on-bone arthritis which means there is no cartilage remaining.” If a diagnosis is still not clear following the physical exam or X-ray, Dr. Klein says advanced imaging, such as an MRI or CT scan, might be necessary.

Self Managing Your Pain and Minimizing Joint Damage

There are some home remedies that may control pain and inflammation. Advil, Tylenol or Motrin might offer some relief. Some patients will take glucosamine products or joint supplements to manage their pain.

If your knee or hip is swollen, Dr. Klein recommends using ice to reduce the swelling and using heat to ease soreness. Sometimes rest helps too—take a break from the activity that is causing the pain. Other modalities that may help are over-the-counter topical ointments such as Bio Freeze or Ben Gay. Splints or joint assistive aids, such as a cane, sometimes provide some stability to the joint and provide pain relief.



For more information or to make an appointment with **Dr. Alan H. Klein**, visit www.upmc.com.



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BONE & JOINT GUIDE

Range of Treatments for Rotator Cuff Injuries Can Help Restore Function

By Vanessa Orr

Whether caused by a traumatic event, or just the general wear-and-tear of time, rotator cuff injuries can make it difficult for people to go about their daily lives. While these injuries can be seen in 'overhead' athletes or those who hold labor-intensive jobs that require a lot of overhead work, this condition can happen to anyone, especially as one ages.

"When people have rotator cuff injuries, it can result in less mobility and a loss of arm strength, and makes it difficult for them to reach up or behind the back," said Justin Zenner, DO, of Advanced Orthopaedics. "They might also have nighttime symptoms, such as pain down the outside of the upper arm, or difficulty lying on their affected side."

While many young patients display this type of pathology after suffering from a traumatic episode, such as a car accident, rotator cuff

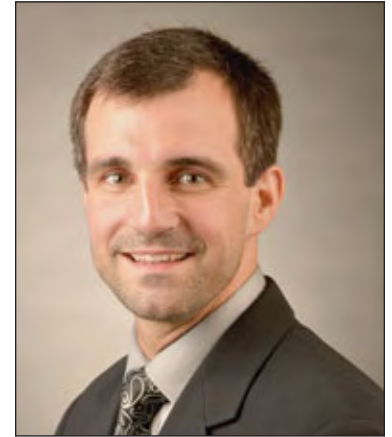
injuries also develop over time. "In older people, they might have a gradual onset of shoulder discomfort that becomes more troublesome as the pain and inability to do their normal activities becomes an issue. Some can relate it to an event that makes their symptoms much worse, like shoveling snow or some type of increase in their normal activities," said Dr. Zenner. "Then they may really start to notice a loss of function and increased pain."

After taking a medical history and performing a physical exam, a doctor may order x-rays or an MRI to define the tear or pathology. "We need to figure out what options patients have by figuring out what the muscles, tendons, bone and soft tissue look like," said Dr. Zenner.

Patients can be treated with conservative options, including activity modification, anti-inflammatory medications, physical therapy and occupational therapy, and injections. If conservative treatment fails, surgery may also be an option.

"The goal of surgery is to get the patient out of pain, improve their range of motion and improve their strength, with the goal of getting them back to where they were pre-operatively, if possible," said Dr. Zenner. "Their results can depend on many things, including the size of the tear, how long they've had it, medical co-morbidities, age, and if there is pre-existing arthritis in the shoulder."

Surgery can be done arthroscopically with the assistance of a small camera and several small incisions; in a mini open fashion by making a small incision, or in a fully open fashion. "Recovery requires the patient to wear a sling for four to six weeks and undergo passive physical therapy initially," said Dr. Zenner. "The patient will gradually go from the therapist moving their arm, to moving it on their own, and then begin doing strength work at about the three-to-four month mark. It can take six months or more to return to normal activity."



Dr. Justin Zenner

If not treated, a rotator cuff tear typically will not heal on its own, though the pain may subside. "Function can be an issue; it can get worse," said Dr. Zenner. "As time goes on, it can be harder to repair. Depending on the severity, it can possibly get to the point where it is only partially repairable or is irreparable."



For more information, contact **Advanced Orthopaedics** at (724) 225-8657 or www.advancdorthopaedics.net.

See Alec climb.

Alec never imagined his dream of joining the military could one day be in jeopardy. Until he tore both his ACLs.

"With the surgeries, I wasn't sure if I would be able to pass the physical requirements for the ROTC program," he recalls, "when just walking up stairs was a challenge. But after my physical therapy, I'm back on track and one step closer to serving my country after college."

See Alec's story at UPMC.com/4CRS. Or call 1-888-723-4CRS for more information.

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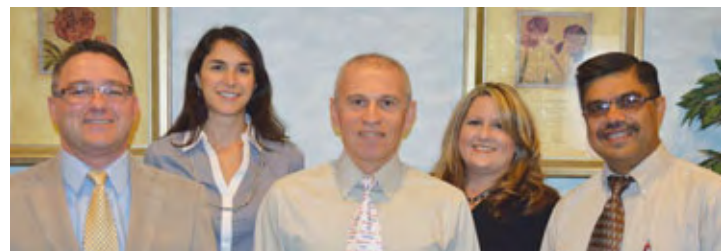
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Left to right: Anthony J. Kirby, MD; Maureen Murphy-Ginsburg, DO; Aleksandr V. Mikhaylovskiy, MD; Rachele Scott, PA-C; Rajesh Mehta, MD



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BONE & JOINT GUIDE

Easing Your Bone and Joint Pain Through Physical Therapy

By Daniel Casciato

If you suffer from any bone and joint pain, such as arthritic knees or hips, it can disrupt your ability to function on a daily basis. Some people might not be able to walk as far as they used to, unable to lift anything over their heads, or even stand up without experiencing pain.

"It impacts your life significantly because you feel you aren't living your life to the fullest capacity," says Christin Donofrio, a physical therapist and the facility director at the Murrysville location of UPMC Centers for Rehab Services.

Donofrio says physical therapy can be beneficial for anyone with bone and joint pain. But for physical therapy to be effective, it's important



"People know their bodies better than they give themselves credit for. If something doesn't feel right, get it checked out as soon as possible."

-Christin Donofrio

to seek help immediately.

"People know their bodies better than they give themselves credit for," she says. "If something doesn't feel right, get it checked out as soon as possible."

Exercise is critical for anyone with bone and joint pain. It increases your flexibility and strength, minimizes your joint pain and combats fatigue. A physical therapist can prescribe exercises right for you.

A session with your physical therapist begins with a comprehensive evaluation. During the evaluation, physical therapists can detect

many things leading to your problems with bones or joints. Even if there is a problem with the joint that anatomically cannot be fixed—

because it's worn down and nothing can be done to change it—a physical therapist can work on structures around the problem area you can change, such as your muscles.

"We can work on lengthening muscles by stretching exercises and provide resistive exercise to make the muscles stronger," explains Donofrio. "When the muscles are stronger, it takes pressure off your joints. You're able to function more properly when you are more flexible and have more strength. We can detect some of these muscle imbalances and flexibility issues and give people the proper exercises."

Donofrio says it's also important to follow any home exercise program you are given.

"We educate our patients on how to properly conduct these exercises at home and teach them to be self-responsible," she says. "Once they're done with physical therapy, we encourage lifestyle changes such as eating better, smoking and drinking cessation, and a full body exercise

program. You need a combination of strength and conditioning and aerobic exercises to keep you healthy, not just in your bone and joint, but your cardiovascular and respiratory systems as well."

To make home exercise as convenient as possible, UPMC Centers for Rehab offers a smartphone app so patients can pull up their exercise routines on their phone while at the gym or at home.

"Everything we provide for our patients is truly for their benefit and will make their injury better as well as improve their overall health," adds Donofrio. "We give them the proper education to make better changes in their health and fitness to further prevent any more injuries and make themselves better. We have their best interest in mind and our focus is to make their lives better and more fulfilled."



To schedule an appointment, call **1-888-723-4277** or visit www.upmc.com/4CRS.

Pain Management

Botox Injections Providing Relief for Some Migraine Headache Symptoms

By Daniel Casciato

A migraine is one of the most disabling forms of headache someone could experience. People who suffer from a chronic migraine tend to have a headache more than 14 days per month, each lasting as long as four hours a day or longer.

While there are a variety of effective treatment options available, many are now turning to Botox injections to provide a welcome relief. Every 12 weeks, Botox is given as 31 injections into several specific sites around the head and neck to try to dull future migraine headache symptoms.

"These are tiny injections performed with a small needle, so they are almost painless," says Dr. Anthony J. Kirby, a pain management physician with South Hills Pain & Rehab who is trained to perform Botox injections. "It doesn't use that much medication, but it's separated into multiple different areas. Administering Botox injections to treat a chronic migraine

headache is a standard protocol that anybody who has the training will do it the same way and patients should see the same results."

The injection process lasts between 10 and 15 minutes. The goal of a Botox injection is to reduce these symptoms caused by a migraine headache: nausea; vomiting; and sensitivity to lights, sounds, and smells. However, relief doesn't happen immediately. In fact, improvement can take as long as 10 to 14 days. According to Kirby, most people who receive the injections should start to notice a difference within three days, but the full effect is expected to take about three weeks.

"Usually within the first few days, you will notice a decrease in headaches. Depending on the patient, you should see results lasting up to three months," he says. "Typically, we see a decrease of nine headache days per month. So if you experience about 15 headaches per month, it will decrease to six headaches days a month."

Some migraine sufferers may not



South Hills Pain & Rehab specialists include (l. to r.) Anthony J. Kirby, M.D., Maureen Murphy-Ginsburg, D.O., Aleksandr V. Mikhaylovskiy, M.D., Rachele Scott, PA-C, and Rajesh Mehta, M.D.

experience any relief from their migraine headache with the first set of injections. But additional treatments are sometimes more successful. Dr. Kirby stresses that preventive medicines and other methods to treat a migraine should be tried before Botox is used. "You have to give those a fair try first," he says.

Most pain medication are designed to reduce the frequency and severity of headaches. But some patients do not respond well to pain medicines. Botox should only be used when all other conservative measures have failed.

"Your primary care physician is trained to deal with regular

headaches, so if they are not up to speed on the latest advancements and tried everything on their end, they can refer you to a pain medicine physician," says Dr. Kirby. "But even before we begin any pain medication or injections, we want to make sure there's nothing neurologically wrong or see if any other type of medical condition is causing the headaches."



To schedule an appointment with **South Hills Pain & Rehab**, call **(412) 469-7722**. Their main office

is in Jefferson Hills and they have satellite locations in Bethel Park, Monessen and Brentwood.

Can You Buy Good Health?



By Nancy Mramor, Ph.D.

There are so many ads for health products, including supplements, exercise programs, diets and medications. Effective advertising for health products and services, if it is working, causes you to buy. And if the product meets your needs, makes life easier and healthier, or solves the problem of finding the perfect gift, the ad has been successful. But be careful! Home shopping channels, commercials and infomercials may be asking you to buy health and happiness without producing real results.

The key is to realize that ads sell by association, and so genuine associations often show you how to solve problems and meet real needs, But if an ad for junk food or fast food associates the meal with feeling good, watch carefully!

RXTV PRESCRIPTIONS AND QUESTIONS FOR HEALTHY SPENDING

When watching a shopping channel or TV commercials and infomercials, think before you buy.

- Is the item on TV an item that you wanted to buy prior to the TV offer?
- Have you priced the item already, and do you know what is a fair price?
- If the price is truly a steal, would buying in multiple quantities solve the issue of grab bag gifts for the holidays, even if it is still only June?
- Is the item unfamiliar but solves a problem you have, such as storage space, making steamed vegetables or massaging your achy feet?

OR

- Are your charge cards maxed to the limit?
- Do you often find yourself making impulsive purchases?
- Do you have several items in your drawers and cupboards that you've never used?
- Did you succumb to the suggestion that you should buy this just to make your day better or to relieve boredom?

If you use these prescriptions, you'll find yourself spending consciously and buying health that lasts.



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



Beaufusion Massage Produces Good Results

By Lois Thomson

"Every body could use a good massage," said Jim Stark, emphasizing "every" and "body" as two separate words. Stark is the founder of Beaufusion Massage LLC; and when you hear him talk about the benefits of massage, you can understand what he means.

Stark explained that massage works directly with the body in the way that it needs to be worked. It also is a complementary activity that works with other medical interventions to promote healing. "If you've got a nerve impingement," he said, "it's caused either by something out of place or something that's been enlarged. Say you have a muscle that's in a contracted mode – like when you flex your arm, your biceps gets bigger. When a muscle is tight like that, it puts pressure on surrounding tissue and nerves. But by causing the muscle to relax, it allows the nerves to have the space they need, and the pain dissipates.

"In the process of massage, you find the muscles that are tight; you relieve the tension that's in those muscles, allowing better circulation and your body to heal. On occasions, you can provide relief nearly instantaneously and allow the body to get back to its normal course, so that's why I like it."

Stark also talked about the various kinds of massage techniques, including sports massage, geriatric massage, and orthopedic massage, among others. In explaining the differences, he said, "If you think of a sports massage and a geriatric, that's like two ends of the spectrum. I've had the opportunity to work with some of the Steelers and also on some geriatrics in assisted living facilities. When you're working on the thigh of an NFL player,



While massage may bring almost immediate relief from pain, Jim Stark, founder of

Beaufusion Massage LLC, said he also tries to learn what's causing the problem. He gave an example of dental hygienists, who might have carpal-tunnel-like issues because they lean over patients at an awkward angle, and work with small tools, doing precise, repetitive actions. "They can get a massage and the pain will go away for a little bit, but it's going to come back because their job dictates they do things a certain way. So it might be good to come up with some stretches that realign the body to where it needs to be."

it's like grabbing onto an oak tree. It's solid muscle." He compared that with an elderly person in a wheelchair, saying a different type of massage is necessary. "The force I would use on an NFL player could be lethal for geriatrics because their skin might be so tender, that just heavy pressure could cause skin to rupture. So you have a massage technique that's appropriate for that person, appropriate for what they're doing.

"A good massage in my estimation is one that doesn't hurt, is effective, and allows you to walk away feeling good."



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



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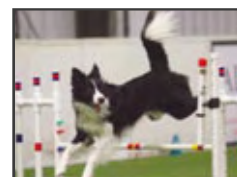
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LISTEN UP: Assistive Hearing Technology Can Improve Your Hearing

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

DO YOU REGULARLY HAVE DIFFICULTY HEARING OR UNDERSTANDING SPEECH:

- At work?
- On the phone?
- On television?
- In noisy restaurants?
- In church?
- In theaters or concert halls?

An inability to hear clearly or understand speech in these situations may mean that you have a hearing loss – a condition that affects one in five individuals. Hearing loss can affect the way we communicate with our friends and loved ones, often leading to frustration.

Hearing aids offer a clear benefit to those with hearing loss. Today's hearing systems don't just amplify the specific frequencies where hearing has been lost—they also wire-

lessly connect to other technologies to send sound directly to the ears of the hearing aid user. Using Bluetooth® technology, hearing aid users can stream their phone calls, music, television audio, computer audio, and other sources through their hearing aids.

Those who already wear hearing aids might know the struggle of talking on the phone while wearing your devices, and Bluetooth audio removes the need to hold a phone up to your ear. Folks who prefer using a landline don't have this same luxury, but you do have another option called Caption-Call®, a free service provided by the FCC. It's a normal-looking phone that has a large screen on it. CaptionCall essentially acts as closed caption for your phone call: The screen shows the words that the person you're talking to is saying, as they're saying them. It's an easy solution that costs nothing to those



Dr. Nicole Wasel, Au.D., CCC-A, is committed to providing patient education, counseling and hearing solutions to patients of all ages and abilities. She works at **Washington Ear, Nose and Throat** located at 80 Landings Dr., Suite 207, Washington, PA 15301. Dr. Wasel is a member of the American Speech, Language and Hearing Association. Dr. Wasel also serves as a field instructor for both West Virginia University and University of Pittsburgh audiology students. To make an appointment with Dr. Wasel, call **(724) 225-8995**, email nwasel@washingtonent.net or visit the website www.washingtonent.net.

with a hearing impairment.


Other amplified communication devices are also readily available, as are other devices that act as an alert to hearing-impaired individuals (through amplified alarms or doorbells, for example).

Today's hearing aids are smaller and less noticeable than ever before,

and these are just a few of the devices on the market to help you on your journey to better hearing. Speak with your local hearing care provider for more information about common hearing-assistive technologies. And if you haven't already: Get your hearing checked this year!

For more stories on Hearing Health, log on to www.guidetogoodhealth.com

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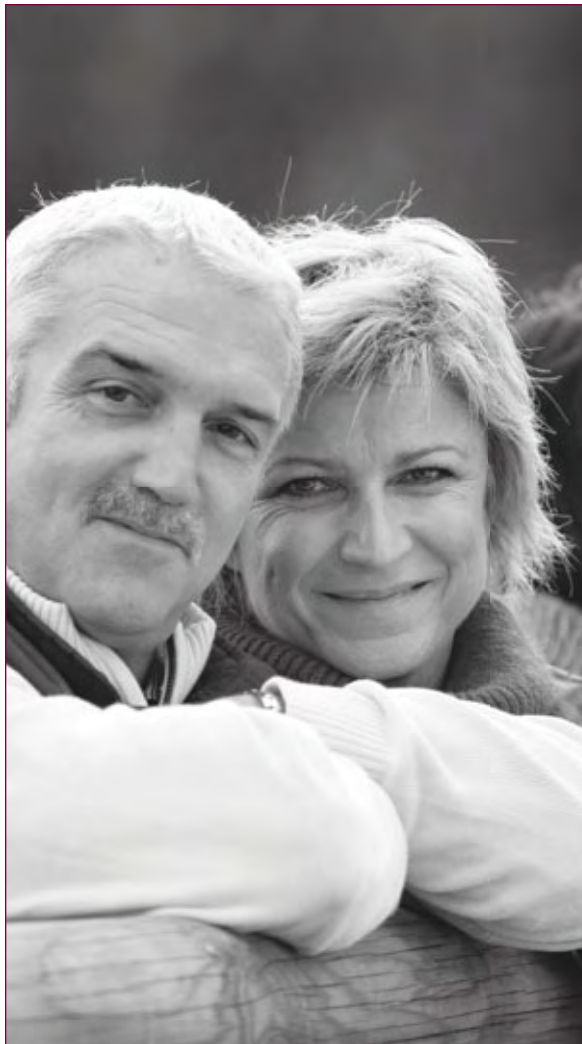
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CAREERS IN HEALTHCARE



Outlook Promising for Graduates of Ohio Valley Hospital School of Nursing

By Vanessa Orr

It's been 106 years since Ohio Valley Hospital's (OVH) School of Nursing first opened its doors. In that time, more than 1,100 nursing students have graduated. In June, 23 more from the Class of 2015 will join their alumni base.

When these students finish the 21-month program, they'll have earned 27 college and 67 nursing credits. With that, they can choose to go join an RN-to-BSN program, which gives them the opportunity to earn a Bachelor of Science in Nursing (BSN) degree. They can also go right into the nursing profession.

"I think one of the advantages of our program is that we are a small nursing school. Our students get individualized attention to help them succeed in this ever-changing, fast-paced career of nursing," explained Barbara Michel, interim director of the Ohio Valley Hospital School of Nursing. She added, "If the student is struggling, we mentor them. And because they get to know us, they are not afraid to ask for help."

Researchers have estimated that by 2025, there will be a need for an additional 250,000 nurses in the United States. "The outlook is promising if you choose nursing as a career. As baby boomers mature, there will be a shortage of nurses to care for this aging population," explained Michel. "In addition to job security, it's a great career because there are many opportunities in nursing to work in or out of the hospital setting."

Students can come right out of high school and enter Ohio Valley Hospital's nursing program. They not only take classes at OVH, they attend La Roche College to study liberal arts.

"When students graduate from Ohio Valley Hospital School of Nursing,



Learning through simulation.



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they take the same Registered Nursing Licensing Exam (NCLEX-RN®) as those individuals with an associate degree or BSN degree," said Michel, adding that students from OVH's School of Nursing have had a consistently high first-time pass rate. "Some may continue on to get a nurse practitioner master's degree, or go to an anesthesia school. Others

may choose to work in hospitals in trauma units or emergency departments, or work in specialty practices. They can find employment anywhere there is a need for a registered nurse.

"We have students who work all over the world," she continued. "For instance, we have one graduate who is working in Sweden, and does mission work in Africa. We also have a graduate who works as a flight nurse in both Alaska and Hawaii."

Ohio Valley's nursing program can also be a second career for anyone who has the passion to help people. Full tuition scholarships are available to students who meet the school's criteria.

"Ohio Valley Hospital hires many of our graduates," said Michel, adding that students who have received free tuition through scholarships commit to spending three years working at the hospital. "The majority of our graduates go on to further their education by taking advantage of the many RN-to-BSN programs offered by colleges or universities. The opportunities are endless."



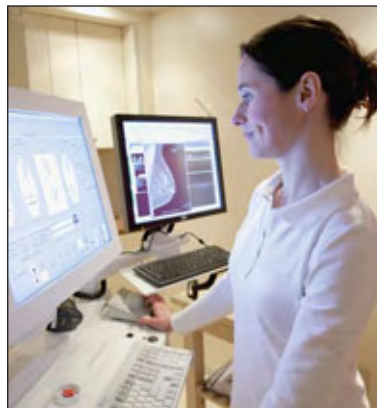
To find out more about the **Ohio Valley Hospital School of Nursing**, visit www.ohiovalleyhospital.org or call (412) 777-6204.

School of Radiologic Technology – What Are You Interested In?

By Lois Thomson

Lisa Finnegan, Director of the School of Radiologic Technology at Washington Health System, talked about the advantages of becoming a radiographer or radiologic technologist, and what the position entails. "Basically what they do is take images or X-rays of people for the purpose of making a diagnosis. The technologists themselves do not make the official diagnosis, the radiologist (physician) does. Radiologic technologists assist in this process."

Finnegan went on to talk about the appeal of such a position. "It's a short program," she said. "It only takes two years to become a radiographer vs. a four-year degree in other medical fields. Also, finding a position in the field is not nearly as difficult as many others, such as a teaching degree. Right now, our five-year average job placement rate within a year is 83 percent. It is a good career for students who are interested in working with patients



A career in radiologic technology can lead in many directions. Radiologic technologists are needed in every health care setting. You could work in a large hospital, a suburban outpatient clinic or a rural physician's office.

of varying ages and those needing various types of radiology procedures."

Finnegan said students of the School of Radiologic Technology at Washington Health System also

attend California University. "We have an affiliation with CalU in order to obtain an associate's degree while attending school here, spending three days with us and two days there to get the general education requirements needed. The school also has an agreement with CalU and other colleges as well, for students who want to continue on for a Bachelor's degree. If the student chooses to continue their education, we want that opportunity there for them."

Finnegan said graduates could get positions in a variety of places. "They could work in hospitals, in doctors' offices, or in emergency clinics, travel or stay close to home." She said they are able to perform procedures in hospitals that historically have been done in the operating room or that required an inpatient stay.

She continued by saying that the work isn't limited to just one location. "Once you have your license in one state it can easily be expanded to other states. In fact there are

some positions where one can travel extensively. I had a student who probably worked in 12 states within one year as a traveling radiographer. I've seen students who have applied for jobs in the Caribbean. You can do so much in the field such as work as a radiographer, CT technologist, or in MRI, become an educator, or even go into sales."

How does it differ from nursing? Imaging is typically a fast and short process, from beginning to end it may be 5 to 20 minutes, whereas in the nursing profession, hospital stays are longer and patient interaction is much broader. So it depends on the student's preference, what they are looking for and what they find rewarding. Either way, a student is able to touch the lives of people in some positive way.



For more information on the **School of Radiologic Technology at Washington Health System**, call (724) 229-2084, or visit whs.org.

CHILDREN'S HEALTH

Back to School Tips

FROM THE AMERICAN ACADEMY OF PEDIATRICS

By **Damian Ternullo M.D.**

It's that time again, when our children have to "reset their clocks", lunches will need to be made, and the morning routine will again go back to running out the door in an effort to get our kids to the bus on time. It is important to get back into the nightly routine prior to the evening before the first day of school.

ANXIETY

With the start of school sometimes children can feel uneasy, or overwhelmed. Many students will feel this way. Point out the positive aspects such as seeing friends they may not have seen over the summer. Perhaps meet up with other children in the neighborhood prior to the bus stop. Depending on how anxious your child is it's ok to drive them or walk with them to school and pick them up that first day.

ADVICE FOR SCHOOL WALKERS

If your child is going to walk to

school identify other children in the neighborhood they may be able to walk with. Go over the route they will walk before hand, practice it. Children can be impulsive and don't always have very good pedestrian skills so plan on accompanying them until you are comfortable.

HOMEWORK

In regards to homework, this is a topic where setting boundaries and expectations is important.

1. No electronic devices prior to finishing homework
2. Setting up an environment that is quiet and promotes your child accomplishing their homework. Ensure that it is a consistent space either in their room or elsewhere at home that can always be used by your child.

RESOURCES

Additional resources on back to school.

1. www.aap.org
2. www.organizedhome.com
3. www.schoolfamily.com



Damian Ternullo M.D., is a General Pediatrician at Pediatric Alliance St. Clair Division. She is also the Chief Medical Officer of **Pediatric Alliance**. For more information or to make an appointment with Dr. Ternullo, call (412) 221-2121 or visit the website www.pediatricalliance.com for 12 locations.

TIPS FOR CHILDREN ON BULLYING

Bullying is another issue that some of our children will face once school starts up again. There are a few basic important skills that we can teach our children when they are face to face with a child who is bullying them.

1. Stand tall, speak in a firm voice, look the bully in the eye
2. Statements such as "I don't like what you are doing" or "DON'T talk to me like that!"
3. Always teach them it is ok to ask for help from a teacher or other school administrator
4. Finding activities that interest your child also helps them build self esteem, make additional friends
5. Monitor your child's social media for any evidence of cyberbullying.
6. Help your child support and stand up for other children who may be getting bullied. Simply including these children in some of their activities will make the bullied child feel less singled out and alone.



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Dr. Jennifer Adibi on Protecting Children's Health from Toxic Chemicals

By Nancy Kennedy

We are surrounded by toxic chemicals, all day, every day, in our homes, schools, workplaces, shopping malls and communities. They are in the foods we eat, the lotions we rub into our skin, the makeup we apply and the floors we walk upon. These chemicals are impacting human health in ways that are insidious and subtle, and they are a threat to the healthy growth and development of our children.

Among the most concerning of these toxic chemicals are a group known as phthalates. Phthalates are a class of chemicals that are endocrine disruptors – they interfere with the body's endocrine glands, disrupting the natural processes by which they produce and regulate hormones. Phthalates make plastic softer and more pliable, and are found in thousands of products used on a daily basis by Americans, including personal care products, furniture, flooring, medical devices, air fresheners and cleaning products. They are also found in food; they are not directly added to food, but get into it through the packaging and processing.

Phthalates are a problem, say the experts, especially for children and developing fetuses. Research on animals has clearly shown that phthalate exposure can cause malformations of the male genitalia and reproductive problems including infertility; most likely this is true in humans as well. "We can measure phthalates in 100% of people in the U.S.," says Jennifer J. Adibi, MPH, Sc.D., Assistant Professor of Epidemiology at the Graduate School of Public Health, and Assistant Professor, Department of Obstetrics, Gynecology and Reproductive Science, University of Pittsburgh. "The number one source is food, and the levels are highest in meat and dairy products." Phthalate exposure, Dr. Adibi explains, threatens the developing brain in the fetus and in young children. "Our children have a lot of exposure to phthalates. Phthalate exposure may affect IQ and may be a factor in autism. It also raises the risk of metabolic diseases such as obesity and diabetes, and may



Dr. Adibi will be a featured speaker for Women for a Healthy Environment's fall conference,

"Protecting Our Children's Health: How Does Environment Play a Role?" in September at the Carnegie Science Center. For more information, visit www.womenforahealthyenvironment.org.

impact asthma and autoimmune disorders."

Dr. Adibi is a native of Pittsburgh who was educated at Brown University, Harvard University and the University of California. Her research focuses on the role of the placenta in fetal origins of disease. "My passion is in studying the effects of endocrine-disrupting chemicals on fetal development. How does the placenta respond to chemical exposure? This has been understudied. I am a mother myself and I am greatly interested in how environmental exposure to toxins can alter the developing fetus and the growing child. What happens in the early years has implications for the entire lifetime of the child."

There has been some progress in reducing exposure to phthalates. They have been taken out of children's toys, and some manufacturers are labeling their products "phthalate-free". Legislative reform is

needed on a national level, to restrict the use of phthalates and other toxic chemicals.

Dr. Adibi hopes to receive funding to continue her research. "Environmental toxins such as phthalates are not killing us or causing frank birth defects. The effects are more subtle; they don't mutate your DNA or kill cells – but the body responds to them in ways that alter endocrine pathways. We are tweaking our own biology in ways that are most likely adding up to increased disease rates. Cancer is an extreme disease, and our power is in improving our ability to identify changes before the extremes are reached."

Her goal is to increase awareness. "We have to remember that our children are getting far more exposure to phthalates than our grandparents did. How quickly can the human body adapt to so much change in three generations? Eat like your grandmother ate," recommends Dr. Adibi. "That means healthy, whole foods as much as possible. Buy from the farmers markets, grow your own vegetables and avoid highly processed food products. But beyond that, educate yourself and become more aware; look for phthalate-free products. We all need to become advocates and put pressure on the policy makers to protect consumers, including children, from toxic chemicals that are everywhere."

Going Back to School a Transition for Everyone in the Family

By Elizabeth Waickman

From shopping for back-to-school clothes and supplies to coordinating carpools and after-school activities, there are so many things to consider when preparing the family for a successful start to the new school year. But sometimes in the midst of the bombardment of back-to-school sales and scheduling, it's easy to overlook the anxieties that come along with saying goodbye to summer.

"The whole family undergoes a transition when children go back to school," said Wendy Levin-Shaw, a licensed clinical therapist at Squirrel Hill Psychological Services. "Parents get so caught up in the details of getting everything together that they sometimes don't notice the emotions that come along with it, for all family members."

At Squirrel Hill Psychological Services, Levin-Shaw works with parents and children. She said that children of all ages may have some reluctance and mixed feelings about returning to school. Those who are



feeling exceptionally unsure or reluctant may engage in unpleasant or inappropriate behaviors rather than express themselves in a constructive way. These behaviors may indicate there is an underlying emotion – anxiety, fearfulness or sadness – that needs to be addressed to ensure a child is happy and healthy throughout the school year.

While children may feel apprehensive about returning to school, parents may also feel a sense of sadness or anxiety. For many, it means facing the fact that children are growing up and maturing faster than they imagined.

"Communication is key when it comes to ensuring everyone is on the same page about returning to school, and it can help diffuse feel-

ings of negativity or emotionally-charged and negative behaviors," Levin-Shaw said.

Most of the time parents can help their children – and each other – work through and communicate their feelings about going back to school by enlisting some of the following techniques.

- **Conduct an annual "back-to-school" family discussion** – As the new school year approaches, Levin-Shaw suggests that families use the end of summer as a focal point for discussion. "Sit down and discuss the transition from summer to the school year. Focus on what your children did and didn't like about their summer break and what they're looking forward to, or not looking forward to, during the new school year. Allow them to discuss any thoughts they have about going back to school," she said. "Take the opportunity to make this a family ritual by having a special meal together at the dinner table or going out for ice cream."

- **Encourage ongoing communication** – After an initial back-to-

school discussion, parents should conduct frequent family follow-ups as the school year progresses. "Ongoing, open communication is key to ensuring everyone in the family is satisfied with how the school year is going," Levin-Shaw said.

- **Contact Psychological Services for support** – For parents who have tried communicating with children or teens, but still need assistance in guiding them through their difficulties, counselors and therapists, such as those at Squirrel Hill Psychological Services, understand family dynamics and the unique needs of young clients.

Whether it's time to go back to school or dealing with other life changes, ongoing communication can help children, adolescents and parents cope with challenges. Sometimes, though, additional guidance is needed.



For more information about counseling options available at **Squirrel Hill Psychological Services**, visit www.squirrelhillpsych.org or call (412) 521-3800.



CHILDREN'S HEALTH

Helping Children With Developmental Delays Use Technology

The digital world surrounds us to connect with others, entertains us and increases our productivity. Can this versatile tool help a child with developmental delays learn to interact and attain new milestones?



Kristen Lang

Just ask Kristen Lang, a teli Speech Pathologist. Kristen has begun to embrace digital technology in a new way for children requiring early intervention therapy to explore another creative means of learning.

"When teli initially received a grant to utilize iPads as a tool to work with families and their children with developmental delays, I was a bit skeptical." Educators have traditionally focused on reducing "screen time" however that skepti-

cism soon turned to excitement as she attended two conferences with other professional educators presented by the Fred Roger's Center and the Pennsylvania Association for the Education of Young Children (PAEYC).

Kristen saw the world of digital media literally open up a multitude of options to address how she could interact with her clients to improve their lives.

"Making digital media useful for kids was the focus of these sessions as we learned to think of this as just another tool in our expanding repertoire of options, just like crayons and a blank piece of paper. The key is to ensure that the media has a social component that requires interaction with a child's

family member, teacher or therapist."

Kristen learned about the millions of applications that could be used that enable the child to explore and learn. There are applications that reinforce repetition of sounds and enable audio feedback so the child can hear their voice while they watch an associated action on the screen. The child's thrill in recognition of sights and repeating of sounds can be the exact reinforcement they need.

The range of capabilities is significant and enables the whole family to participate in the support and care of their child on a familiar tool. The use of digital media via an iPad through teli, provides the family with a versatile tool which improves learning accessibility for a child with developmental needs.

Kristen has become an advocate, fueled by the results she has seen in her clients as she has begun to use these innovative techniques to deliver early intervention therapy at teli.

Kristen will be training other education professionals about the merits of digital media in the care of her clients. As a child recognizes his or her voice, successfully masters a skill using these tools, their excitement is contagious.

Kristen hopes that in sharing that excitement with others, she will encourage other child development educators to explore the digital world!

➤ For more information on **Teli (The Early Learning Institute)**, call (412) 922-8322 or log on to www.telipa.org.

Protective Lenses for Children



By Beth Ramella, M.Ed., TVI/COMS

Protecting your vision is very important. For babies, children or adults who have low vision or use vision in only one eye, protecting your vision is imperative. The American Foundation for the Blind estimates that 10 million people in the United States are visually impaired. Visual impairment is a term

experts use to describe any kind of vision loss, whether it's someone who cannot see at all or someone who has partial vision loss.

Children with visual impairment in one eye may be recommended to wear protective glasses at all times to protect the better seeing eye. It is worthwhile to alert your child to the possibility of eye injuries and then make sure that he or she receives prompt medical attention if an injury does occur.

Children (and adults) who do not see well with one eye because of amblyopia, or because of any other medical problem that cannot be corrected, should wear safety glasses to protect the healthy eye. Amblyopia (lazy eye) is the permanent loss of vision in one eye due to the brain's suppression of images. The suppression is due to a difference in refractive error or mis-

alignment of the eyes. Just as safety glasses or goggles are important to protect from sports-related injuries, eye glasses can protect the vision of your "good" eye during every day activities. Although the eye doctor may not be able to correct the vision in the suppressed eye, she may suggest that the child wear protective lenses.

What do you do when your child won't wear the protective lenses? Some parents have tried popping the lens from an inexpensive pair of children's sunglasses. This helps the child get used to the frame and prevents them from damaging an expensive pair of glasses. Consider buying a second pair of sunglasses for yourself or your child's favorite doll or bear. Some children may also be more inclined to wear their frames if they see their siblings or parents wearing glasses.

➤ **Beth Ramella, M.Ed., TVI/COMS**, is Director of Outreach/CVI Project Leader, at **Western Pennsylvania School for Blind Children**.

For more information about visual impairments or to schedule free early intervention for your infant or toddler with a visual impairment, contact Beth Ramella (ramellab@wpsbc.org) at the Western Pennsylvania School for Blind Children at (412) 621-0100 x 379.



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CHILDREN'S HEALTH

Children's Therapy Center Offers 'Amazing' Rehab Programs

By Lois Thomson

"We have some amazing programs here, I think some are really unusual that you wouldn't find just anywhere," said Susan Hough, director of Washington Health System Children's Therapy Center. She described just a few of the services they offer at the Center that can help with children's rehabilitation:

Balance Master Equipment

"Balance Master Equipment is for kids who have balance issues, or who might have had a head trauma or a sports injury and are dizzy. It's a computerized program, you use special feedback and measure the child's balance very accurately. It provides a game-like setting with targets for the child to try to reach. Balance can be hard to figure out, but with the Balance Master, both the child and their therapist can see exactly what they're doing to improve balance." Hough said it can also be used for issues from cerebral palsy, brain tumors, and post-stroke, to an amputated limb.

Congenital Torticollis Therapy

Congenital Torticollis therapy is for babies whose heads are tilted as a result of muscles that are shortened perhaps because of the way they were positioned during pregnancy or during delivery. "It's important that we get these kids in early in order to eliminate the torticollis. We can do a lot, we can do stretches and strengthening exercises, but mostly you teach the parents, because it's important that they know how to hold the baby, how to position the baby when they're sleeping, and encourage more 'tummy' time. One of the reasons you want to do this is because if a child



Susan Hough

keeps holding its head to one side, it affects their vision and balance. Think about it – if you held your head to one side the whole time, your vision is going to be crooked. And how you balance your body – your spine might be going over to one side, too, because that's how your head's being held; and you have to shift your weight to do it. It's really important, therefore, that we get the alignment right so they see better and their spine stays in a better position."

Adaptive Bikes

Adaptive bikes are bicycles that are created for children with special needs who couldn't ride a standardized bike. WHS Children's Therapy Center works with a variety of organizations that create these bikes and are made to specifically fit each child's special need. "They might need special braces or pedals, or even hand pedals. Our physical therapists have had a lot of training in how to set up the bikes in order to make the recommendations to make the special adaptations the child might need. The Center has been really helpful (in this area). We were able to connect about 12 kids with an adaptive bike through this program so far."

As director, Hough oversees all of the programs at the Center and said, "It's very rewarding. I'm very proud of my therapists here, they do a terrific job of helping these children become the best they possibly can be."



To learn more about **The Washington Health System's Children's Therapy Center** or to make an appointment, call (724) 942-6100, or visit the website whs.org.



Susan Hough, director of The Washington Health System's Children's Therapy Center, also talked about the Aquatic Program. "Our physical therapists have specialized aquatics training and they work with children, in the swimming pool with them. So it's one person working with a child trying to get them to build up their muscles, and build their strength and coordination. Sometimes it's not therapeutic for a child to be full weight-bearing, like standing on their legs. The water is buoyant, it can provide some help for them to learn to walk and move better in a nice warm, bath-type place. It gets their muscles to relax and move better."

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Aging Well With the Aid of Exercise

By *Melissa Mattucci Lindberg, M.S.*

As we age, there are many changes our bodies' experience. Muscle and bone loss, joint instability, a decrease in balance and coordination are all very common parts of aging. Though there are some outcomes that cannot be avoided, many aspects of aging can be managed or at least slowed by healthy lifestyle choices.

Regardless of your fitness level, take the time to assess your current state. Do you experience joint pain or muscle aches during everyday activities such as walking the dog or carrying groceries? Do you feel out of breath or experience a fluttering

feeling in your chest while walking up stairs? Understanding your current fitness level is the first step in planning for a healthy future. No matter how "healthy" you feel, it is always a good idea to schedule a physical with your PCP before starting an exercise routine.

Why Exercise?

The benefits of regular exercise reach far and wide. Resistance training using weighted equipment or body weight exercises will increase muscle strength. As a result, balance improves, reducing the risk of falls. Cardiovascular exercise promotes better circulation, and can improve blood pressure and heart health. In addition, as metabolism slows, mod-

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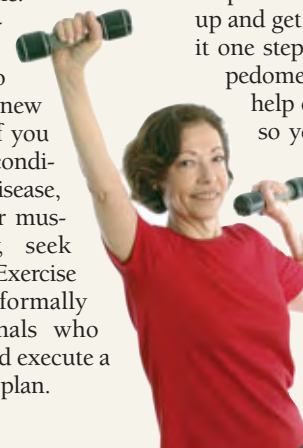
Melissa Mattucci Lindberg is Marketing/ Membership Services Supervisor at the Community & Recreation Center at Boyce Mayview Park.

erate exercise can combat weight gain. Overall, exercise is proven to decrease the risk, and even prevent the onset of illnesses like cardiovascular disease, diabetes, and osteoporosis.

It's never too late to get started.

Whether you are new to exercise, or have been working out sporadically your entire life, take the time to set up a solid routine.

As I mentioned earlier, always get medical clearance prior to starting any type of new exercise program. If you have a preexisting condition such as heart disease, diabetes, or a former musculoskeletal injury, seek professional help. Exercise Physiologists are formally educated professionals who can help you plan and execute a safe, effective fitness plan.



Though a well-planned routine provides the best results, do not overlook the simple everyday activities that add up to a more active lifestyle. Walking around the neighborhood or mall, playing with the grandkids at the park, and yardwork all provide easy opportunities to get up and get moving. Consider taking it one step further by investing in a pedometer. This small device will help count your steps each day so you'll have an easy way to monitor your daily activity level.

For more information and helpful exercise tips for seniors, please visit Go4Life by the National Institute for Aging at www.go4life.nia.nih.gov.

Vaccinate Against Shingles

Anyone who has ever had chickenpox is at risk for shingles.



Shingles is a painful condition with potentially long-lasting complications.

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So, where is this new hot spot located? At the Indiana Regional Medical Center (IRMC) in Indiana, PA! "Our goal is to encourage guests to select healthier options, while contributing to the overall wellness of our medical staff, outpatient and visitors," says Nettie Albohali MS RD, general manager of dining for Cura Hospitality at IRMC.

Since 2010, Cura's partnership with IRMC has helped to support its "Bee Well" wellness program with wellness-focused menu selections which is increasing the daily check average by 13%. "What drives healthy eating is how it's prepared. Our cooks know how to prepare and present healthy, so it sells," says Ms. Albohali.

Labeling food with visual menu "gears" or indicators that Cura's marketing team created has also aided guests in the selection process. "We feature 10 gears posted for all menu items, including takeout. The visuals have gone over quite well, making it easy for guests to help choose what is best for them and/or their health needs."

For example, the "heart" gear was designed for foods like fruits, vegetables and lean proteins that help fight against heart disease. A "leafy green" gear features fresh and local menu items designed to enhance your dining experience by offering food items featuring the best of what's in season. A "barbell" gear focuses on muscles and joints, aimed at foods like salmon, walnuts and flax seeds that reduce inflammation by incorporating antioxidants such as Vitamin C, Beta Carotene and Omega 3 Fatty acids.

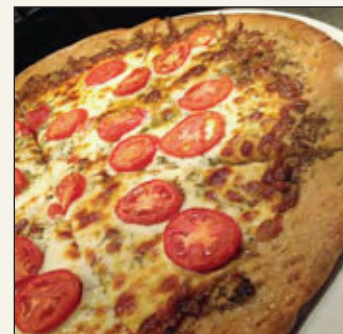
Other Indiana Regional Grille favorites include an extensive salad bar, foods-to-order hot off the grill, and delicious deli sandwiches made on fresh-baked breads and rolls. For impulse purchases, Healthy Inspiration



Indiana Regional Medical Center dining team employees



Cura's Gear of the Month at The Indiana Regional Grill



Cura's Whole Wheat Pizza at The Indiana Regional Grill

Points or "HIP" provide guests healthier snack alternatives such as pre-packaged assorted nuts, fruit, fat-free sweets, and dark chocolate, and are positioned near the register so they are more likely to purchase.

The Indiana Grill is open daily from 6:30 a.m. to 7 p.m.; for the midnight shift staff, 1 a.m. to 4 a.m., where the same menu is offered on a smaller scale. Dine with us inside or "el fresco" during warmer months on an adjacent patio!

➤ For more information about **Cura Hospitality's Dining Services**, contact: **Kimmi Campagna**, Director of the Patient Experience and Partnership Development at **(412) 327-3452**.



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Senior Guide

Steps Seniors Can Take to Help Avoid Hospital Readmissions

by Dr. Donald Fischer

In the U.S., hospital readmissions have become an issue, specifically among seniors, as many are often readmitted shortly after being discharged. It's estimated that Medicare spends \$26 million annually for more than 2 million readmissions, according to Kaiser Health News. While hospital readmissions are often unplanned and unpredictable, there are steps you can take before, during and after your hospital stay that can help you avoid being readmitted altogether.

Many people play a role in making your hospital stay a positive experience. They include doctors, nurses, technicians, and loved ones. You also play an important role in your treatment. Research shows that patients who take part in decisions about their own health care are more likely to get better more quickly. You can make your hospital stay a better experience by being an active, involved and informed member of your healthcare team.

Before a hospital stay, be sure to:

- Choose a health partner such as a family member or close friend
- Have your key health information and a list of your medications readily available
- Verify payment arrangements
- Ask questions if anything is unclear

During your hospital stay, make it a priority to communicate with medical professionals who are assisting you. A major contributor to hospital readmissions is lack of communication between medical personnel and patients.

While at the hospital, it's important to:

- Understand the procedures performed
- Prevent infections by washing your hands often
- Remind everyone who cares for you to wash their hands as well
- Eat right and drink plenty of fluids
- Learn what activities you're allowed to do and stay active

Your efforts to avoid being readmitted to the hospital don't end when your procedure is over. Prior to being discharged, be sure to:

- Schedule any necessary follow-up appointments
- Update your list of medications
- Look into at-home services, if needed
- Arrange for transportation home

In addition to these proactive steps, Highmark Inc. also has a resource available for its members that can help increase wellness with just a phone call. Blues On Call, a comprehensive 24/7 health information and support program, connects members directly to a trained nurse, called a health coach, who can help answer questions about treatment plans, prescriptions and future doctors' visits. Through Blues On Call, you'll have access to the information you need to help avoid a hospital readmission. Highmark members can reach a Blues On Call health coach by calling 1-888-258-3428.



Dr. Donald Fischer is senior vice president and chief medical officer of Highmark Inc.

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As a caregiver, it is common to feel overwhelmed with the many responsibilities that you have. In many cases this will lead to not taking care of your own health needs and well-being. The best thing you can do for the person that you are caring for is to stay physically and emotionally strong and healthy.

There are many things that one can do to keep you healthy. One of the most important things to follow is to not take on coordinating caregiving alone. Trying to do everything yourself will lead to exhaustion. Seek support from family, friends and your community. Take them up on their offers to help. Listen to what your body is telling you; look for signs of stress and sleeplessness, changes in your appetite and your behavior. Visit your physician frequently to keep your health on track.

Make time to get proper exercise and your own down time and a break from the responsibility of caregiving. Seeking information and coordinating a respite stay at a personal care home for your loved one is a very common practice many caregivers look to do. This can be done once a month or every couple months. Consulate Retirement Village of North Strabane offers short-term respite stays. We provide all the comforts of home in a private furnished room. Take a small vacation or just time off for yourself knowing that we will provide:

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By Claire Marshall MS, RD, LDN

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By Nancy Kennedy

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Alzheimer's

Get By With A Little Help

Alzheimer's Support Services are Available at Woodside Place

Alzheimer's disease is life-changing for both those who are diagnosed and those close to them. Having a helping hand when you need it is key to keeping yourself, and your loved one living with dementia, healthy and happy. At Woodside Place of Presbyterian SeniorCare, when you need a little help or an ear to listen, support services are available.

Adult Day Services

- If you are a full-time caregiver, adult day services can provide a much needed break. While your loved one is away, you'll have time to rest, run errands or finish other tasks.

- If you are a caregiver that works during the day, adult day services can be very helpful as you try to balance a job with caregiving duties.

- For people with Alzheimer's and dementia, adult day services provide a chance to be social and to participate in activities such as music and exercise.



Pet therapy visits are one of the many benefits of adult day services. Here, participant Lucy enjoys a visit with Bailey, a regular doggie visitor at Woodside Place.

Support groups

Often times, caregivers say they are looking for support from people who "really understand because they've been there." An Alzheimer's Support Group offers just that – a place for caregivers, family and friends of persons with dementia to meet and develop a support system.

Support groups offer a place to:

- Exchange information on caregiving problems and solutions
- Talk through challenges and ways of coping
- Share feelings, needs and concerns

Presbyterian SeniorCare, in affiliation with the Alzheimer's Association, holds support group meetings on the 4th Tuesday of every month from 3 p.m. to 4:30 p.m. at Woodside Place.

If you have questions about participating in our support group or learning more about our half and full day Adult Day Service options at Woodside Place, please call Jennifer Marasco Kuhn at **(412) 826-6536**. Woodside Place of Presbyterian SeniorCare is located at 1215 Hulton Road, Oakmont, PA 15139.



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Alzheimer's

Kane's Memory Care Unit Caters to Residents with Dementia-type Disorders

By Vanessa Orr

No matter how much a person may want to care for a loved one with dementia at home, the fact is, it can place an almost unbearable strain on the caregiver, and put the person with memory issues at risk. One of the best options available to families who are undergoing this difficult process is to find a safe, secure facility for their loved one that has been designed with his or her needs in mind.

The Memory Care Unit at Kane Scott was created specifically to cater to this patient population. Since it opened in spring of 2014, families have been able to relax knowing that their loved one with Alzheimer's disease or another form of dementia is receiving specialized, 24-hour care. Kane Scott is one of four Allegheny County-owned skilled nursing and rehabilitation facilities, which are located in Ross Township, Scott Township, McKeesport and Glen Hazel.

"I think what makes our Memory Care Unit unique is the programming that we offer to keep residents focused and entertained," said Bill LaLonde, community outreach representative, of the 45-bed facility. "The unit is staffed by recreational therapists who constantly provide games and activities to keep seniors engaged and socially active." Geriatric psychologists and geriatric nurse practitioners are also on-site to provide behavioral and medical care when needed.

This type of social interaction is especially important as research has shown that targeted activity programs can help to sustain mental function in patients with Alzheimer's or related-dementia type disorders. Supervised activities at Kane Scott include music therapy, pet involvement, crafts, exercises, horticulture, reminiscence therapy, spiritual services and supervised off-unit activities and trips, and residents can also take part in favorite past times, such as gardening and participating in regular household chores.

Kane decided to open a third secured unit – the other two are located at its Glen Hazel location – because the need for a safe, secure place for those with dementia continues to grow. "Unfortunately, there is a need in this community for more dementia beds; in fact, we might be looking at adding even more in the foreseeable future," said LaLonde. "It's a difficult decision for families to make, but you have to consider how much a person can still do on his or her own, especially if there's a risk of them wandering off or hurting themselves in their own homes. They often forget what they've just done five minutes ago."

According to the Alzheimer's Association, an estimated 5.3 million Americans of all ages currently have Alzheimer's disease, and by 2025, that number is expected to reach 7.1 million. Approximately 250,000 people living in Pennsylvania have been diagnosed with the disease or roughly 13 percent of Pennsylvania seniors.

Symptoms include memory loss that disrupts daily life, challenges in solving problems, difficulty completing familiar tasks and confusion with time and space, among other issues.



To learn more about symptoms, visit www.alz.org. To learn more about the **Memory Care Unit at Kane Scott**, or any of the Kane nursing and rehabilitation facilities, visit www.kanemorethanable.com or call (412) 422-KANE.



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Healthcare Solutions for Seniors and the Disabled Living at Home

Let Keystone Baths Bring the Healing Power of Water to Your Home

By Nancy Kennedy

There's nothing quite like a good soak to cure whatever ails you! Humans have always turned to water for comfort and healing, and that remains true in 2015. Immersion in water offers many benefits: it relaxes muscles, eases pain, stimulates circulation, calms nerves, hydrates the skin and soothes the soul. Today, the therapeutic use of water is known as hydrotherapy, and it is an effective way to relieve pain and promote overall health.

According to Matthew Simmons, founder and president of Keystone Baths, a local company that provides a full range of safe, state-of-the-art bathing options for the home, hydrotherapy offers countless benefits. Water, he explains, has healing properties, including buoyancy, resistance and hydrostatic pressure. Neurologic and musculoskeletal conditions such as osteoarthritis, tendonitis and muscle strains respond to water as it relieves pressure on painful joints and allows stiff sore muscles to gain flexibility. Chronic pain is common in the middle and senior years, and water is a simple and non-toxic means of managing that pain. Even sleep disorders and insomnia can be improved by hydrotherapy.

There are a variety of methods for "taking the waters" and Keystone Baths offers customized solutions to fit each client's needs and budget. Whether one prefers a walk-in shower or bathtub, Keystone has the solution for every home:



Chronic pain is common in the middle and senior years, and water is a simple and non-toxic means of managing that pain. Even sleep disorders and insomnia can be improved by hydrotherapy.

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Healthcare Solutions for Seniors and the Disabled Living at Home

WASHINGTON RIDES: Providing Affordable Transportation for Seniors and Disabled

By Daniel Casciato

Transportation is important for seniors to ensure continued access to essential services such as medical care, grocery shopping and other routine activities. In particular, it enables them to continue to live independently and is crucial for active aging and staying healthy, notes Sheila Gombita, Executive Director of Washington County Transportation Authority, also known as Washington Rides.

“Often seniors are in need of specialized services as they age in their homes and try to live independently,” Gombita explains.

Since the abilities associated with driving tend to diminish as seniors age, viable alternate forms of transportation are critical. If you or a loved one are unable to drive, shared ride services such as Washington Rides, can be beneficial. Since 2001, Washington Rides have been offering low-cost, door-to-door, shared

ride services for Washington County area seniors to help keep them independent.

Whether you or your family member need to go for an annual medical checkup or just run some shopping errands, these services provide comfort and flexibility – and at an affordable rate. In fact, most seniors who are eligible for medical assistance under the Department of Human Services of Pennsylvania can ride for free. A portion of that funding is paid through the state lottery and the rest is paid for by the Department of Human Services.

“If you are not eligible for medical assistance, you can still get free rides to area senior citizen centers and adult day cares because the Southwestern Pennsylvania Area Agency of Aging subsidizes those trips,” says Gombita.

Gombita adds that any senior who needs to go to a medical appointment, the Area Agency of Aging subsidizes a portion of the



Applications are available at www.washingtonrides.org or by calling (724) 223-8747.

Rural Transportation Program for Persons with Disabilities (PwD Program)

cost so there is a slight copay. The copay is a bit higher for shopping or recreational trips.

Recently, to further improve transportation for all county residents, Washington Rides and Washington City Transit – the area’s public mass transportation system – combined to form one new agency under the Washington County Transportation Authority (WCTA). Over the next several months and years, the combined fixed route bus routes and fares will be integrated and improved to eliminate duplication and provide better services for customers.

“It should ultimately improve transportation services for residents of Washington County,” says Gombita.

There are several transportation options available for seniors. For each of the programs listed below, with the exception of the Freedom Line, seniors must fill out an application to determine eligibility to qualify for free or low-cost fares.

Senior Shared-Ride

The Pennsylvania Department of Transportation (PennDOT) funds transportation for seniors, 65 years and older, who need a ride to a senior center near their home or to adult day care. There is no charge for this service. Trips to medical appointments can be made for a minimal fare, and social, recreational, and work trips for a slightly higher charge. Seniors between the ages of 60 and 64 can also ride to a senior center near their homes or an adult day care at no charge. Free trips to senior centers and discounts for medical trips are subsidized by the Southwestern PA Area Agency on Aging.

PennDOT also sponsors a program similar to Senior Shared-Ride, for people living with disabilities. Anyone with a qualifying disability under the Americans with Disabilities Act can become certified to use this service, and can request a trip for any purpose. A fare is charged to the passenger. The PwD Program cannot be used instead of other available services, such as fixed-route bus service or ADA complementary paratransit.

Medical Assistance Transportation Program

This service is provided to eligible people who are in need of assistance in making trips to and from medical providers enrolled in the Medical Assistance Program, for the purpose of receiving medical treatment or for purchasing prescription drugs or medical equipment. The program is funded through the Pennsylvania Department of Public Welfare.

Veterans Transportation Program

This service is provided through a special van for ambulatory veterans who need transportation to the VA Medical Centers in Pittsburgh. Non-ambulatory veterans would likely be eligible for such transportation through one of our other programs or through the VA Medical Centers.

Freedom Line

This fixed route bus service runs from McDonald, PA to Washington, PA. Seniors are eligible to ride for free – they just need to catch the bus at one of the bus stops along the route.

Washington Rides
WASHINGTON COUNTY TRANSPORTATION AUTHORITY

Come Ride With Us!

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Schedule your ride today
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Healthcare Solutions for Seniors and the Disabled Living at Home



TRIPIL – Independent Living Is Possible!

By Lois Thomson

Matt Taylor has seen from both sides the best of TRIPIL Services. TRIPIL offers support in a variety of ways, including providing personal assistance services to consumers in their homes; helping people transition from nursing homes into the community, and aiding them with their daily activities.

Taylor initially learned about Tri-County Patriots for Independent Living (TRIPIL) after he suffered a broken neck and spinal cord injury in 2011. "The doctors first told me and my family that I would have to live in a nursing home; they didn't tell us about home-based services or anything like that. But fortunately my parents had a good support group and they got a hold of organizations that pointed us to TRIPIL. So now, TRIPIL provides my attendant care services, and that's how I first got involved with TRIPIL."

As Taylor's health progressed and

he was getting stronger, he said he went in one day "and they had an open position. I applied and got it. Now, I'm an Independent Living Specialist. I do quality assurance, making sure all of our consumers are getting the proper care they need, and that they're happy with their personal attendants." He also points people in the right direction if they need durable medical equipment, and tries to hook them up with donated items, if necessary, until insurance issues can be resolved. "I just make sure they have what they need to live an independent life."

As for Taylor himself, while he is independent, he still uses the services of a personal attendant who comes in the morning, helps him get ready, and gives him a ride to work. He said if he had to do it on his own it would take hours. "I'd have to wake up at 3:00 in the morning. Without her I wouldn't be able to do what I'm doing."

Taylor appreciates what's avail-

able through TRIPIL. "There are so many resources. It's a blessing to work here, because if I had a problem with my insurance or needed medical equipment and didn't know where to go, there's always someone who has been through it and can point me in the right direction."

He now uses his knowledge to try to help others. "I go to support groups as often as possible to speak with people who are newly injured and tell them: at this point, you don't think any of this is possible ... but it is if you work at it and get in touch with the right people and have the right support group. You can do pretty much whatever you could do before."

And the right support group is TRIPIL.

For more information on **Tri-County Patriots for Independent Living**, call (724) 223-5115 or visit www.tripil.com

PUBLISHER/EDITOR
Nancy Lammie

ACCOUNT EXECUTIVE
Barbara Levenson
Margie Wilson

DESIGN & LAYOUT
JMC Graphics
(412) 835-5796

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

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

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HOW TO REACH US:
ADVERTISE / SUBSCRIBE
goodhealthmag@aol.com
412-835-5796

2574 Oldfield Ave, Pittsburgh, PA 15102

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TRIPIL Can Help You!



With help from TRIPIL, Matt Taylor just got his driver's license back and bought his first car. "They put me in touch with the right organizations to help me achieve this. When I woke up in the hospital, I couldn't move my left arm. The doctors told me I'd never move it again, and that I'd be in a power chair the rest of my life. But now I am in a manual chair and I have enough mobility in my left arm to push a chair. I play wheelchair rugby. I'm happy with where I am, but I'm always going to keep pushing to get stronger and more independent."



The Independent Living philosophy includes managing one's own affairs, making one's own decisions, and participating in day-to-day life in the community, minimizing psychological or physical dependence on others.



TRIPIL can educate you on greater opportunities to work, while allowing you to keep your benefits while being gainfully employed.



	Tri-County Patriots for Independent Living – Provides the five core Independent Living services (advocacy, independent living skills training, information & referral, peer support, and transition).
	TRIPIL Services – Provides home- and community-based services and training. TRIPIL assists with attendant training, compliance with PA Department of Health and other state regulations, processing an attendant's payroll, and offering health insurance for attendants.
	Accessible Dreams – Building accessible housing resources for finding or building of a brand-new accessible home or the services necessary to modify an existing home.
	We are accepting donations for the rehabilitation of our new headquarters, the historic YWCA building on West Maiden Street in Washington, PA. For more information on how you can help, visit: http://ywca.tripil.com/donation .

Tri-County Patriots for Independent Living (TRIPIL)
69 East Beau Street
Washington, PA 15301

Voice: (724) 223-5115
TTY: (724) 228-4028
Fax: (724) 228-5119
www.tripil.com



Rehabilitation

HealthSouth Rehabilitation Hospitals of Pittsburgh Strive to Promote Health, Reduce Stroke

Stroke is the leading cause of serious, long-term disability and the fourth-leading cause of death in the United States. The HealthSouth Rehabilitation Hospitals of Pittsburgh are working to change those statistics by providing a few tips to help reduce your risk of stroke including:

- ▶ Eat healthy to maintain a healthy weight
- ▶ Exercise regularly with doctor's approval
- ▶ Keep diabetes blood sugar levels in check
- ▶ Limit alcohol consumption
- ▶ Maintain a healthy blood pressure
- ▶ Stop smoking
- ▶ Treat high cholesterol

The HealthSouth Rehabilitation Hospitals of Pittsburgh are also two of only ten hospitals in HealthSouth's network of inpatient rehabilitation hospitals to be recognized as a 2015 Stroke Center of Excellence.

Hospitals receiving this recognition go above and beyond standards and expectations to provide a vast array of stroke-related programs and services, exceeding established benchmarks in clinical programming and patient outcomes for the treatment of stroke. HealthSouth Harmarville and HealthSouth Sewickley are two out of only 10 hospitals in a network of over 100 HealthSouth hospitals to receive this honor.

"Experience in working with stroke patients is critical to achieve excel-

STROKE SUPPORT GROUPS
 The third Tuesday of each month, from 4 PM to 5 PM, **HealthSouth Sewickley** holds a Stroke Support Group for the community. More information about the group can be found online at demandhealthsouth.com.

HealthSouth Harmarville recently launched a monthly Stroke Support Group. Dates and topics are released on a monthly basis. To get on the mailing list, contact Valerie Bucek, MA CC-CLP/L at Valerie.bucek@healthsouth.com or **(412) 828-1300**.



The HealthSouth Rehabilitation Hospitals of Pittsburgh were recognized as a 2015 Stroke Center of Excellence.

lent patient outcomes and we are thrilled to receive this designation of excellence," said Shelana Gibbs-McElvy, M.D., medical director at HealthSouth Sewickley. "Stroke survivors are our largest patient group, and our hospital has the qualified staff and technologies to assist individuals who have suffered a stroke and their family through the recovery process quickly and effectively."

Some of the benchmarks considered for the Stroke Center of Excellence honor include the program being led by specially trained personnel including a board-certified physician and certified rehabilitation registered nurses (CRRN@s). A hospital must also be awarded Disease-Specific

Certification in Stroke Rehabilitation from The Joint Commission in order to be eligible for this award. These hospitals also lead the company in patient satisfaction and offer a variety of educational programs to the community.

These educational programs include support groups. Currently both hospitals also hold support groups on a monthly basis.

Demand more from your stroke rehabilitation.



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Rehabilitation Hospitals of Pittsburgh

Harmarville | Sewickley
www.demandhealthsouth.com



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SeniorCare
Positively Living

DIRECTORY

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



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

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

Acute Rehab

Ohio Valley Hospital's Acute Rehabilitation Unit

412-777-6770

www.ohiovalleyhospital.org

Addiction

Gateway Rehab

1-800-472-1177

www.GatewayRehab.org

Bone Marrow Donor Program

Be The Match Registry

www.BeTheMatch.org

Become a marrow donor.

Children With Special Needs

The Early Learning Institute

412-922-8322 • www.telipa.org

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Locations in Dubois, Indiana and Monroeville.

Western Pennsylvania School for Blind Children

1-800-444-1897 • www.wpsbc.org

COPD Treatment

Lung Institute

(855) 429-2557

lunginstitute.com/goodhealth

Diabetes Care

St. Clair Hospital Diabetes Center

412-942-2151 • www.stclair.org

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412-777-6420

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Green Resources

Women for a Healthy Environment

412-404-2872

womenforahealthyenvironment.org
Checklists for a Healthy Home, Find A Safer Product, Checklist for a Healthy Office & Workplace, Consumer & Personal Care Products Links, Health & Nutrition Links, Local Food Programs

Health Classes

Westminster Recreation & Outreach Center (WROC)

wroc.westminster-church.org

Flow (Vinyasa) Yoga, Gentle Yoga, and Pilates to strengthen body and spirit.

Health, Wellness and Fitness Centers

Community & Recreation Center at Boyce Mayview Park

412-221-1099

www.twpusc.org/crc/crc-home

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Hospitals

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412-DOCTORS

AHN.org

Ohio Valley Hospital

412-777-6161

www.ohiovalleyhospital.org

St. Clair Hospital

412-942-4000

www.stclair.org

The Washington Hospital

724-225-7000

www.washingtonhospital.org

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www.heat-images.com

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AdvanceHomeCareSupply.com

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Nancy Mramor Ph.D.

412-445-5352

drnancy@realconsciousliving.com

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Orthopedics

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www.advancedorthopaedics.net

Allegheny Health Network Orthopaedic Institute

412.DOCTORS (362-8677)

Pain Management

Ohio Valley Pain Treatment Center

412-777-6400

www.ohiovalleyhospital.org

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www.westminster-church.org

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Washington Physician Hospital Organization Provider Network

See pages 22-23

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www.ppcp.org

Physical Therapy

Ohio Valley Hospital's The Balance Center

412-777-6231

www.ohiovalleyhospital.org

UPMC Centers for Rehab Services

1-888-723-4CRS

www.UPMC.com/4CRS

Rehabilitation

HEALTHSOUTH Rehabilitation Hospitals of Pittsburgh

Harmarville/Sewickley

www.demandhealthsouth.com

Novacare Rehabilitation

159 Waterdam Road, McMurray

724-942-1511

Physical, Occupational and Aquatic Therapy. Incontinence Rehab. Massage Therapy open to the public.

Presbyterian SeniorCare

MyLife Rehabilitation Services

Oakmont: 1-877-740-2179

Washington: 724-566-5132

www.SrCare.org

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www.spaharmony.org

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Wound Care

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www.ohiovalleyhospital.org

Washington Health System Wound & Skin Healing Center

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