

Western Pennsylvania Guide to Good Health

Health News You and Your Family Can Use



**Improving Daily Function
and Quality of Life for
Cancer Survivors**

INSIDE:

What is GERD?

**Smoking and
Hearing Loss**

**Treating Arm and
Shoulder Injuries**

**Why Participate
in Medical Trials?**

**St. Clair Hospital
Offers Restorative Yoga
for Cancer Patients**

**Are You Confident
in Your Child's School?**

**Ohio Valley
Hospital Unveils
Orthopedic Unit**

**Free and Low Cost
Clinics for Uninsured**

**How Does Early
Intervention Work?**

DEPARTMENTS :	
HEARING HEALTH	6
WOMEN'S HEALTH	9
FITNESS	10
CANCER	11
BONE & JOINT GUIDE	16
LOCAL NEWS	19
CHILDREN'S HEALTH	25
INDEPENDENT LIVING	28
SENIOR LIVING OPTIONS	29
SENIOR GUIDE	30
CAREGIVER'S CORNER	32
SENIOR RESOURCES	39
ADDICTION	40
HEALTHCARE DIRECTORY	42

A ADVANCED
Orthopaedics & Rehabilitation

Ten experienced Doctors, each specialized in specific orthopaedic care & procedures.

Washington 1-800-828-CAST	Waynesburg 724-225-8657	Charleroi 724-225-8657	McMurray 724-941-0111	Pittsburgh 724-225-8657
------------------------------	----------------------------	---------------------------	--------------------------	----------------------------

www.advancedorthopaedics.net

The only regional hospital to receive



Source:
HCAHPSonline.org
Patient Survey



ADVANCED

Surgical Hospital

"A Physician Owned Hospital"

State of the art, new MRI.
Creating the clearest images
for better diagnosis.

www.ashospital.net
724-884-0710
Washington



TAKING MEDICATIONS JUST GOT EASIER!



**Stop Struggling
to Manage Your
Medication**



There's an easier way with *AccuPac*®

1 We sort your prescriptions into conveniently labeled packets...

2 And deliver a 30-day supply in an easy-to-use dispensing box!

SMITH, JACKIE 1 / 2
Morning

2 ASPIRIN EC	81mg	Time of Dose
1 FELODIPINE ER	2.5mg	Strength
1 ZOCOR	20mg	Medication
2 VITAMIN C	500mg	

Not Child Resistant EXP:6/24/2018

AccuPAC
Medicine Made Easy



NO Sorting pills
NO Trips to the pharmacy
NO Calling in refills

All for the same co-pay!

“It's easy to forget if you have taken your pills and the AccuPac helps my patients stay on top of their schedule. This is why I recommend the AccuPac to all my patients who are managing multiple medications.”
Nadia, Registered Nurse

AccuSERV®
PHARMACY

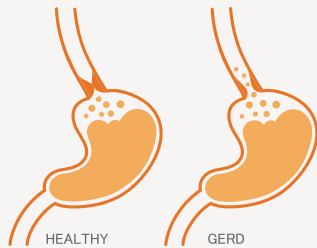
5020 Centre Ave. • Pittsburgh
The better way to manage your medications!
call **412-586-5410** or **800-727-3583**
Learn more: www.accuservpharmacy.com

What is GERD?

GERD refers to **Gastroesophageal Reflux Disease**. When the muscles in your lower esophagus become weak, this valve can stop closing properly and the contents of the stomach may leak back, or "reflux," into the esophagus. Over time, GERD can lead to more serious health problems.

WHAT ARE THE SYMPTOMS OF GERD?

Heartburn is the most common symptom of GERD. When acid in the stomach refluxes, it touches the lining of the esophagus. This can cause a burning feeling in your chest or throat. We call this sensation heartburn or acid indigestion. More than 61 million Americans experience heartburn each month, and you can have heartburn once in a while without having GERD. But if you have heartburn more than twice a week, it's likely you have GERD.



In addition, if you find yourself clearing your throat often, have trouble swallowing, feeling like food is stuck in your throat, experience burning in your mouth, and have pain in your chest, or if you use antacids for more than two weeks, you should talk to your doctor.

WHAT ARE COMMON TREATMENTS FOR GERD?

You should first look at your lifestyle, since avoiding reflux may be as simple as making some dietary changes. And most people can find relief for this very uncomfortable, burning sensation by taking over-the-counter medications, such as antacids. The next step would be prescription drugs. But for some people, when drug therapy has failed, the final solution may be surgery.

WHAT'S NEW IN TREATING GERD?

Traditionally, surgery for GERD was performed through open incisions and could involve lengthy hospital stays. This often excluded some patients, especially older individuals. The hospital stay could be between five and 10 days, depending on the patient and condition.

However, one of the newest ways to help patients with GERD is through minimally invasive surgery. With this procedure, tiny incisions are used so that the surgeon can repair the faulty valve, and usually only involves an overnight stay. Minimally invasive

surgery has excellent long-term and short-term outcomes, and many patients are good candidates for this type of procedure.

WHERE CAN I FIND EXPERTISE IN GERD TREATMENTS?

UPMC offers expertise on a wide range of treatments for GERD. In fact, UPMC has treated more patients with GERD than any place in North America. UPMC's experts tailor their GERD treatments to every patient, and use innovative techniques to treat even the most complex cases, including patients who have often been told they can't be helped. These highly experienced physicians are found at the UPMC Esophageal and Lung Surgery Institute, and they take pride in helping patients who feel like they are out of options. The techniques they employ are focused on faster recoveries and less pain.

To learn more about how patients are being given hope by the experienced, nationally recognized GERD experts at the UPMC Esophageal and Lung Surgery Institute, call 412-647-7555 or visit UPMC.com/ELSI.

WE ARE **EXPANDING INTO**
Westmoreland County!

Westmoreland County
Guide to Good Health

**Coming
this Fall!**

Are you looking for a unique, effective vehicle to reach
Healthcare Consumers in Westmoreland County?

**DON'T MISS OUT! CALL TODAY TO
RESERVE YOUR PRIME POSITION!**



The **Westmoreland County Guide To Good Health** is a collective effort, showcasing the best our region has to offer, providing area families with a HEALTH, WELLNESS & FITNESS GUIDE for long term reference.

For advertising information and Editorial Submission Guidelines, call **(412) 835-5796** or email goodhealthmag@aol.com



Have you had it

up to here with GERD?

RELY ON OUR NATIONALLY RENOWNED EXPERTISE.

The esophageal experts at the UPMC Esophageal and Lung Surgery Institute handle the most difficult cases and focus on treatments that can involve less pain and faster recovery. And our specialists realize that patients with GERD need more than procedures and therapies. They need our unique capabilities and years of experience. From minimally invasive surgery to a range of therapeutic options, our expertise is giving more patients a reason to be hopeful about the future. To learn how we are giving more GERD patients hope, visit UPMC.com/GerdExpertise.

UPMC | **ESOPHAGEAL AND
LUNG SURGERY INSTITUTE**

Affiliated with the University of Pittsburgh School of Medicine. UPMC is ranked among the nation's best hospitals by *U.S. News & World Report*.



Smoking and Hearing Loss May Go Hand in Hand

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

Can smoking cause hearing loss? Growing research seems to point in that direction, but scientists sought a more definitive answer in a review of 15 observational studies that investigated hearing loss among smokers.

The conclusion: Evidence suggests that even without exposure to occupational noise, people who smoke are at greater risk for hearing loss than nonsmokers. Smoking cessation, however, could help keep hearing sharp. About 360 million adults and children worldwide have a hearing disability, according to the World Health Organization, with approximately a third of older adults experiencing disabling hearing loss. Causal factors can be genetic, environmental, epidemiological, lifestyle related or age related, but many people with hearing loss benefit from treatment such as hearing aids.

Past studies of potential links between smoking and hearing loss have produced inconsistent results — with some showing a connection and others not. Further, noise exposure could potentially mask smoking's role in hearing loss. In this study, "Effect of Smoking on Hearing Loss: Quality Assessment and Meta-Analysis," researchers looked to assess the connection in a population not exposed to occupational noise. They reviewed 15 original, relevant observational studies published between January 1996 and December 2003

that met the following criteria:

- Identified hearing loss by pure-tone average
- Investigated hearing loss risk for smokers

Prior studies with factors such as children younger than 15, populations with occupational noise exposure, specific hypotheses related to hearing loss and increased smoking rate, sudden deafness as an outcome, and other selected characteristics were excluded.

The selected studies were independently reviewed and scored for methodological quality using a standardized checklist. They were then qualitatively and quantitatively analyzed after being divided between (1) those reporting a positive link between smoking and hearing loss and (2) those reporting a statistically insignificant association.

The results pointed to smoking as "a significant risk factor for hearing loss in both current and past smokers, exclusive of cohort studies in past smokers." Even accounting for study limitations, the data showed a positive association between hearing loss and smoking that might be ameliorated by cessation strategies. It's unclear how smoking negatively affects hearing health. Theories have included the possibility that nicotine causes cochlea anemia through vasoconstriction.

This study, however, helps further identify smoking as an important risk factor in assessing patients' hearing health. For your patients' optimal hearing health, collaborate with your local hearing care professional in effectively diagnosing and treating hearing difficulties.



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.

Hear the little moments that mean so much.



Don't miss out on what matters most.

Call today to schedule a hearing consultation from the regional leader in the diagnosis and treatment of hearing loss.

WASHINGTON
EAR, NOSE & THROAT
724.225.0360



Erinn Altman,
Au.D.



Nicole Wasel,
Au.D.

Meadows Landing Outpatient Center
80 Landings Dr, Ste 207 • Washington, PA 15301

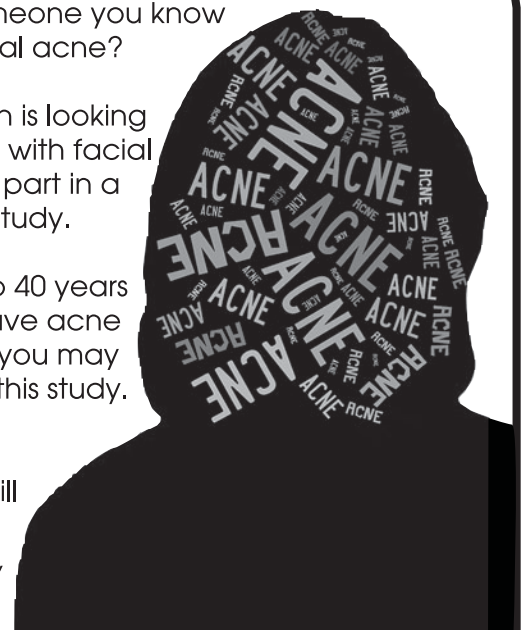
washingtonent.net

Do you or someone you know have facial acne?

PEAK Research is looking for participants with facial acne to take part in a research study.

If you are 12 to 40 years of age and have acne on your face, you may be eligible for this study.

Qualified participants will receive study related exams, study medication or placebo, and financial compensation for time and travel.



For more information, call
PEAK Research, LLC
412-595-7681

2589 Washington Road, Suite 412B
Upper St. Clair, PA 15241

WHY PARTICIPATE IN A MEDICAL STUDY?

PEAK Research Advances Medical Knowledge with Clinical Trials

By Lisa Bianco

Why participate in a clinical trial? First and foremost your participation can help others by contributing to medical knowledge and improving public health. Participants in clinical trials play a key role in drug development and discovery; clinical trials contribute to knowledge and progress in treating and preventing diseases. PEAK Research in Upper St. Clair has been dedicated to supporting medical research through clinical trials since 2011.

Individuals participate in clinical trials for numerous reasons but often they are desperate for a solution to medical issues they have so far not had success in treating. These patients learn from their physician that they can apply for a PEAK Research clinical trial where a potential new medication is available. One patient stated, "There was nothing on the market to help with my Irritable Bowel Syndrome (IBS), so I thought why not try a clinical study. I could not believe the change in my life after I started taking the study medication. I was able to eat foods I had not been able to eat in years. I was able to go places and not have to worry about being near a restroom. My quality of life was dramatically improved."

In other instances patients simply cannot afford the medications to treat their non-life threatening conditions such as acne,

keratosis, athlete's foot, and eczema. (These are a few studies currently offered by PEAK Research.)

The parent of an acne study participant reported, "I was so happy to have found the acne studies at PEAK. The study treatment helped my daughter feel confident again. She continues to enroll in acne studies that she qualifies for. I was a little nervous but the staff was very knowledgeable and made us feel comfortable with our decision to participate."

As part of a clinical trial, a patient will receive either the investigational product, an accepted standard of treatment, or a placebo. It's important that participants understand that there is no guarantee that any treatment received in a clinical trial will produce the desired results.

Medications are part of clinical trials for a host of reasons. Sometimes medication is available in a clinical trial that has not yet been granted FDA approval for all age groups. Or, the generic formulation of the FDA-approved drug is currently undergoing the clinical trial. Generic medications must pass through the same rigorous screening and clinical trials that the original drugs undergo.

Says one of the founders of PEAK Research, "Participants receive free medical exams and any testing required for the trial is paid for through the study." Because of these exams and testing, at times other problems are discovered for which the patient can then seek treatment. The staff recalls one incident where a malignancy was detected in its early stages. That patient now says with relief, "I am so thankful that I had entered the study. The ultrasound found the cancer early and I was able to be treated." On other occasions it was discovered that patients had hypertension or elevated blood levels and they were sent to their PCPs for further evaluation.

PEAK Research has been providing Pittsburgh area residents with quality clinical studies for the past 5 years; however the company's owners who staff the facility have over 50 years of experience in clinical research.

PEAK has the privilege of working with several local area doctors who function as lead physicians on studies, as well as some that refer patients for trials which can benefit them. PEAK also reports to a central institutional review board (IRB) that provides scientific oversight for clinical trials. An IRB is an independent committee of doctors, statisticians, and community members. The IRB's purpose is to ensure that clinical trials are ethical and that the participants' rights are protected. PEAK Research is dedicated to excellence and committed to the future.

The research facility is conveniently located in Upper St. Clair in the Summerfield Commons Complex. One study patient said,



"It has been great to be able to participate in research studies that I did not have to drive into downtown to be part of."

"I am so thankful that I had entered the study. The ultrasound found the cancer early and I was able to be treated."

The common thread PEAK staff found when interviewing study participants was that the individuals all felt immense gratification for the role they were able to play in the advancement of medicine.

"I could not believe the change in my life after I started taking the study medication."



PEAK Research is seeking participants for upcoming studies in the area of **dermatology, primary medicine, women's health and vaccines.** A full list of the current studies can be found on the PEAK Research website at www.peak-research.com. For more information or questions about being a participant call (412) 595-7681.

Do you have SCALP PSORIASIS?



Participate in a Clinical Research Trial

Do you have red, thickened, scaly patches on your scalp ?

Our clinical research site is testing the effects of an investigational shampoo on plaque psoriasis of the scalp. To be eligible, participants must be 18 years of age or older and have mild to severe plaque psoriasis of the scalp.

Qualified participants will receive:

- Study related exams
- Study shampoo or placebo
- Compensation for time and travel

PEAK Research, LLC
2589 Washington Road, Suite 412B
Upper St. Clair, PA 15241
412-595-7681

Contact our office today to get all the details on participating in the study.

Free and Low Cost Clinics Help the Region's Uninsured Access High Quality Healthcare

By Nancy Kennedy

IT MAY COME AS A SURPRISE TO LEARN THAT THERE ARE STILL MILLIONS OF AMERICANS, MOSTLY NON-ELDERLY ADULTS, WHO HAVE “FALLEN THROUGH THE CRACKS” IN THE HEALTHCARE INSURANCE SYSTEM, AND THUS LACK ACCESS TO CARE. FOR THESE PEOPLE, NOTHING HAS CHANGED: THEY DO NOT HAVE INSURANCE COVERAGE FOR THE BASICS - PREVENTIVE CARE, PRIMARY CARE, EMERGENCY CARE AND CHRONIC DISEASE MANAGEMENT. IF THEY EXPERIENCE SYMPTOMS OR PROBLEMS, THEY ARE LIKELY TO DELAY SEEKING HELP AND SO THEIR PROBLEMS OFTEN GROW WORSE OR COMPLICATIONS DEVELOP, ULTIMATELY LEADING TO A NEED FOR URGENT – AND MORE COSTLY - INTERVENTION OR ADMISSION.



Dental hygienist, Lauren Dowling, and a patient.

There are numerous reasons why millions of people remain uninsured or underinsured – meaning that while they may have health insurance coverage, they cannot afford the high deductibles and co-pays. Regional experts offer insights into this continuing crisis and describe how their organizations are reaching out to vulnerable populations, offering them a strong safety net: free or low cost, high quality healthcare

Sto-Rox Neighborhood Health Center

At Sto-Rox Neighborhood Health Center in McKees Rocks, executive director Father Regis Ryan oversees a full-service healthcare clinic that is open six days a week and is always busy. The Center's clients, he explains, are primarily the working poor – people who have two or even three low-paying jobs, who struggle to make ends meet, and have no employer provided health benefits. “Being uninsured or underinsured is not a choice – this is a misconception,” Father Ryan says. “Our clients make too much money to qualify for medical assistance, but not enough money to be able to afford private health insurance. The ACA has not helped these people.”

The Sto-Rox Neighborhood Health Center is a non-profit that serves the Sto-Rox communities with a wide range of services. The Center is federally funded and has an excellent track record. “We've been here for 45 years, and I've been here for 41 of those years,” Fr. Ryan says. “We began as a child health clinic. Today, we offer comprehensive services for all ages, from prenatal to geriatric care: primary medical care, pediatrics, OB-GYN, podiatry, optometry and dental care. Our staff is paid, not volunteer. We have excellent quality of care provided by expert physicians and nurses.

“Everyone is welcome here. Many of the clients are on medical assistance but there are increasing numbers of physicians and dentists who do not accept it; that is one of the many barriers to accessing care.”

Community Health Clinic of Butler County

In Butler, Jim Cunningham of the Community Health Clinic of Butler County says that the ACA has made little difference. Cunningham, the director of development for the Clinic, claims that the ACA created a whole new category of clients for his agency: “The ACA is a success in that it brought health insurance to millions. But health insurance is still too expensive for many; if you don't get it, you're supposed to pay a penalty but for a lot of people, paying the fine is easier than paying for health insurance.”

The Community Health Clinic of Butler opened its doors in 2008, organized by a group of caring healthcare professionals who recognized the need for free, high quality health care for Butler County residents. Many large companies have left Butler in recent years, creating high unemployment and poverty. Based on Volunteers in Medicine's highly respected model, the CHC welcomes anyone in need of care between the ages of 19 and 64. Cunningham says that the CHC does not receive any government funding or private insurance payments: “We rely on charitable gifts. Both Butler Hospital and UPMC are supportive of us, but funding is an ongoing challenge.” Other challenges include spreading the word about the Center and

helping people find transportation. The facility is not in a central location, and there is no direct bus service. All of these issues are barriers to care, Cunningham says.

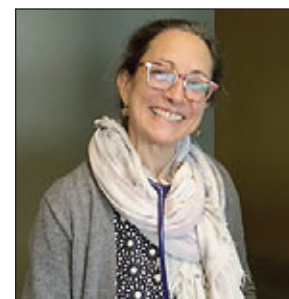
“If you need healthcare, call us,” says Cunningham. “We'll work with you to get what you need. We provide free care - medical and basic dental care, preventive care, diabetes education and nutrition education. Our staff is mostly volunteer; we have physicians, nurses, dentists, pharmacists and a physical therapist. We have a free prescription service. We have a special dental service for veterans, many of whom do not get VA dental benefits.”

The atmosphere at the CHC is warm and welcoming, Cunningham says. “Our volunteers are incredible; they genuinely care and they are positive and upbeat. Our clients tell us that is a joy to come here, and they are appreciative.”

Squirrel Hill Health Center

In the city of Pittsburgh, there are a number of free and low cost health care clinics, and the number is growing to accommodate the need. The Squirrel Hill Health Center, located near The Waterfront, has a mobile unit and has opened a second site in Brentwood. Andrea Fox, M.D., chief medical officer, explains that the Clinic sees a unique population of patients who are refugees and immigrants. “We treat a lot of people who did not sign up for the ACA due to the cost, but we primarily see newcomers to America. There are people from all over the world in Pittsburgh, many working in our research labs. Their families are here legally. They don't have the money to purchase health insurance for their spouses and children, and they don't qualify for Medicaid. We especially see pregnant women.”

The Squirrel Hill Health Center has federal funding and has a paid staff of physicians, nurse practitioners, physician's assistants and nurses, plus therapists and social workers. There are comprehensive services provided, ranging from primary and preventive healthcare to OB-GYN, dental care and behavioral healthcare. In addition, the SHHC offers interpreters and counselors who assist clients to apply for health insurance – a very challenging task for anyone, but especially for those who are new to the U.S. “We help settle new refugees,” Dr. Fox says. “Some are brought to us, and we do outreach. We publicize our services through the libraries and community events. We want to emphasize that everyone is welcome; you do not need insurance to come and see us. We're proud of what we do; we did not set out originally to be a provider for newcomers, but that is what we've become and it's a joyful thing.”



“We treat a lot of people who did not sign up for the ACA due to the cost, but we primarily see newcomers to America.”

*-Dr. Andrea Fox
Squirrel Hill Health Center*



Birmingham Free Clinic

Mary Herbert, MPH, clinical manager at Birmingham Free Clinic on Pittsburgh's South Side, is also eager to dispel the myths about the uninsured. "There are numerous barriers to accessing healthcare, despite the ACA," she says. "Many of our clients are people who are in transitional circumstances: they are relocating, starting a new job, or coming out of rehab or incarceration. Often, they find the process of applying for Medicaid, which has been expanded in Pennsylvania to make more people eligible, to be daunting. From a systems standpoint, applying is very hard, and their circumstances make it harder, often for practical reasons – they may not have a permanent address yet; they have to submit a lot of documents and those can be hard to locate and copy. Often the clients don't have computers or access to one, or basic computer skills, or transportation to a place where they can use a public computer. Some of our clients have low literacy skills; others have mental health problems. If you had to apply for Medicaid or ACA insurance, you might be surprised at how hard it can be. The process assumes a lot. You really need to have someone sit with the client and walk them through the process."

The Birmingham Free Clinic is open to the public and provides primary and acute care; chronic disease management; preventive care including vaccinations; physical exams for schools, jobs or drivers licenses, and specialty medical services such as dermatology and cardiology as needed. The clinic is part of the Program for Health Care to Underserved Populations (PHCUP) which was founded in 1994 in partnership with The Salvation Army.

The mission is accomplished by a mostly volunteer team of clinicians, health professional students, and AmeriCorps National Service members, and the Clinic serves as a training site for students and residents in the health professions. According to Herbert, the staff and volunteers are passionate about the Clinic's mission and focus completely on the client. "We treat the whole person here. We may get the patient in the door for a minor health concern but soon we find that there are numerous bigger problems with their health or their life – maybe they came in to get a physical for a job and we find high blood pressure, depression or diabetes."

The free and low-cost clinics of the Pittsburgh region serve thousands of homeless, uninsured, and economically disadvantaged Pittsburghers every year, through the efforts of committed professionals and volunteers who believe that health care is a human right. Along with medications, treatments, counseling and education, they provide a hefty dose of compassion and care. Clients who come to these clinics are treated with respect and dignity. According to Father Ryan of Sto-Rox Neighborhood Health Center, "There is no such thing as a typical client. You may believe that you will never find yourself in these circumstances, but anyone can lose a job or become incapacitated. It's important to remember that this can happen to anyone; anyone can fall through the cracks and need our services."

ON THE WEB:

For listing of local Health Care Clinics for the Uninsured and Underserved, log on to www.guidetogoodhealth.com



Women's Health

Midlife Body Changes

by Katherine Scruggs, M.D., NCMP

For most women the transition to menopause is associated with many changes. In addition to the cessation of menstrual periods and symptoms such as hot flashes, one may experience changes in body weight and shape, differences in hair, skin, and even in the teeth and gums. These changes can be due to menopause, aging, or a combination of both.

One important change is increased body weight. The average woman will gain about 5 pounds during the menopausal transition, and some will continue to gain weight as they age. A change in distribution of body fat, with more fat accumulating in the abdomen, is also common. There is loss of lean muscle mass during this time as well. Hormone replacement therapy neither causes nor prevents this weight gain, though it may minimize the redistribution of body fat. Thus it is particularly important to eat a healthy diet and exercise during this time of life, which is always the best way to maintain a healthy body weight.

The lower hormone levels associated with menopause can lead to decreased collagen in the skin, causing more dryness and increased wrinkling. The best ways to keep your skin looking healthy midlife are to avoid smoking, use sunscreen and avoid tanning beds, stay hydrated, and use moisturizers. A long hot shower may feel good, but a shorter shower with warm water is better for your skin and less drying. Getting enough Omega 3 fatty acids in your diet may also help keep your skin looking and feeling better. Keep in mind however that sunscreens block Vitamin D absorption, so some women may need a Vitamin D supplement.

Thinning hair and nails are common after menopause, though actual baldness is not. Some women will see less hair on the head and more on the face, especially in the chin area. Unusual levels of stress, thyroid problems and some medications can cause hair loss, so consult your doctor if this becomes an ongoing problem.



Katherine Scruggs, M.D., NCMP, is a physician at UPMC Midlife Health Center.

For more stories on Women's Health, log on to www.guidetogoodhealth.com



All Natural Spray Tan

Pure Botanicals & antioxidants give you the most beautiful tan ever. Safe for all ages.

**412-455-0525
All Natural • Organic**



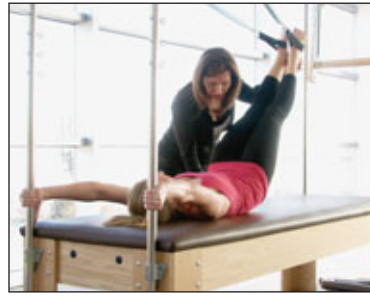
Forever Young Pilates for Anti-Aging

by Colleen Dachille, MS

WHEN IT COMES TO SAFE EXERCISE – PILATES TOPS THE LIST. MEDICAL PROFESSIONALS OFTEN RECOMMEND PILATES AS ONE OF THE BEST EXERCISE ROUTINES FOR OVERALL GENERAL FITNESS ASSOCIATED WITH VERY LITTLE RISK. PILATES CAN HELP YOUR BODY SUPPORT AND CARRY YOU THROUGH THE AGING PROCESS.

Don't let the passing of the years slow you down. While your body may not be up to running marathons or pumping iron, staying mobile and active can actually keep your joints and muscles feeling younger. Increased physical activity has additional health benefits, such as lower blood pressure and cholesterol, higher disease resistance, improved balance and better motor skills. Increasing the strength of your core and the flexibility of your spine are key deterrents in developing poor posture and instability - many of the elderly can suffer from.

Men and women who stay active as they age aren't just healthier physically; they stay sharper mentally and are less likely to suffer from depression. Joseph Pilates, who developed the Pilates workout method, said, "We retire too early and we die too young. Our prime of life should be in the 70s and old age should not come until we are almost 100!"



Adults begin losing muscle mass around the age of about 30, and those that are physically inactive can lose as much as 5% of their muscle mass per decade. Being sedentary increases the risk of developing osteoarthritis and osteoporosis.

The Pilates method consists of precisely controlled movements that are low impact and target core muscles as well as muscles that support the spine. The results are an increase in strength, flexibility and endurance; improved muscle tone and posture, and healthier joints with better range of motion.

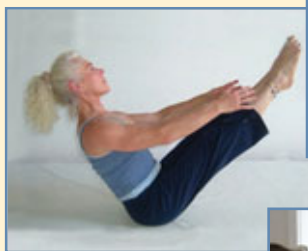
Pilates is the perfect workout for both lifelong athletes entering their golden years, and those who have

Pilates is the perfect workout for both lifelong athletes entering their golden years, and those who have not exercised in decades but see the need as joints begin to stiffen and strength and mobility begin to lessen.

not exercised in decades but see the need as joints begin to stiffen and strength and mobility begin to lessen. A Pilates routine that is set up with your specific needs and goals in mind will make you stronger and more active with less risk of injuries and disease that is so often an inevitable result of the aging process.

Stay active and keep moving and stack the odds in your favor of maintaining mobility, flexibility and strength as you age. Pilates can keep you young, slow the aging process, and improve the quality of your life in so

> Colleen Dachille, MS, is owner of **The Pilates Body**. For more information or to sign up for one of our Pilates, Spinning, TRX or Yoga classes, call (724) 941-2411 or visit at www.thepilatesbody.org

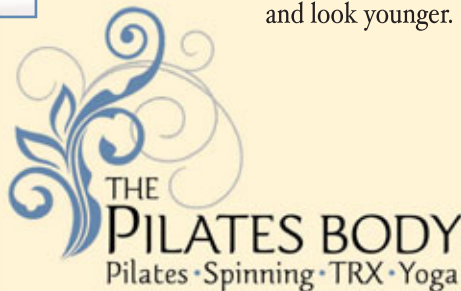
Building your body

...to combat the effects of aging!

You are NEVER too old to start a Pilates program!

Pilates is a non-impact exercise program that builds a strong, flexible and fit body to support you through the aging process to feel and look younger.

Private Lessons, Small Classes and Introductory Packages Available!

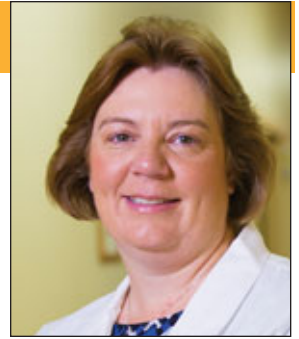


724.941.2411

4000 Washington Road, Suite 103
McMurray, PA 15317

www.thepilatesbody.org

- Develop the flexibility and strength of your spine and core
- Tone and develop lean, long muscles
- Improve balance, poise and posture
- Provide relief from back, neck and joint pain
- Improve movement dysfunctions and neuro-muscular disorders
- Feel and look your best!



Dr. Amy Diamond

Are You At Risk for Skin Cancer?

By Daniel Casciato

Most people are aware that melanoma is a more serious form of skin cancer, but are you doing everything possible to prevent this disease?

One of the main culprits for melanoma and other skin diseases are tanning beds, according to Amy Diamond, M.D., from the Washington Health System Family Medicine-Greene Plaza and Medical Director WHS Wound and Skin Healing Center.

Many people believe the UV rays of tanning beds do not pose as great a threat as sun overexposure. However, tanning lamps emit UV rays, which can cause long-term damage to your skin and can also contribute to melanoma or other forms of skin cancer.

"The risk of melanoma significantly increases when you use tanning beds, particularly if the person is younger than 35 years old," says Dr. Diamond. "Tanning beds produce ultraviolet A radiation which is known to be a risk factor for melanoma and has been classified by the WHO as a human carcinogen."

The risk of melanoma significantly increases when you use tanning beds, particularly if the person is younger than 35 years old.

Other factors that put you in the high-risk category for melanoma include:

- A more distant personal history of melanoma
- A strong history of melanoma in your family
- Genetic factors
- More than 25 moles on your body
- Presence of atypical moles
- Excessive sunburns or tanning bed use in your past
- Use of tanning beds

"If you meet any of these criteria, you want to get annual skin checks either from your primary care physician or your dermatologist," says Dr. Diamond. "If you are identified as having a greater risk for melanoma, you may be required to go for more frequent visits."

According to Dr. Diamond, look for the "ABCDE" signs of melanoma, used and recommended by the American Cancer Society and the American Academy of Dermatology. If you see one or more of these signs, call your doctor or dermatologist immediately:

• **Asymmetry** - If you draw an imaginary line down the center of your mole, will both halves match? If they do not, it's asymmetrical which is a

warning sign for melanoma.

• **Border** - The borders of a benign mole typically are smooth and even. Irregular borders could indicate melanoma.

• **Color** - A variety of colors, even different shades of the same color, within your mole is a warning signal. A dark black mole is a warning sign as well.

• **Diameter** - Another cause for concern is if the suspected lesion is greater than 6mm in diameter.

• **Elevation** - The most important warning sign is if your mole changes size or texture, or begins to bleed.

It's not just melanoma you need to be concerned about. Other heat-related conditions/tanning bed conditions that you should be aware of include heat exhaustion, heat stroke, sun poisoning, fungal skin rashes, atopic dermatitis, and even advanced signs of aging, or wrinkles.

"To prevent melanoma and other skin conditions, we recommend that you avoid tanning beds, seek shade, wear protective clothing and apply sunscreen, at least SPF 15 or higher, broadly before going outside and remember to continually reapply if exposed to sun for prolonged time periods," says Dr. Diamond.

To ensure that you're receiving the best care possible, be sure that you are taking an active role in your own care as well, especially if you exhibit some of the risk factors mentioned above. In addition to keeping an eye out for skin and mole changes, tell your doctor about any concerns you have, such as excessive sun or tanning exposure, or a personal/family history of skin cancer.

Having a risk factor does not mean that you will get melanoma. Many people with one or more risk factors may never get melanoma, while others may have few or no known risk factors.

"If you're worried or have one of the risk factors, it may turn out to be nothing," says Dr. Diamond. "But we always recommend that if it's something that concerns you, call your doctor or dermatologist immediately and get checked out to be sure."

If you draw an imaginary line down the center of your mole, will both halves match? If they do not, it's asymmetrical which is a warning sign for melanoma.

> For more information, visit www.whs.org or to make an appointment with **Dr. Amy Diamond**, call (724) 627-8592.

Ask The Experts

Health Enhancing Thermography

What is Thermography?

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

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

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

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

> For more information, visit **Health Enhancing Thermography** at their Ft. Couch Bethel Park location, call (855) 254-4328 or visit their website at www.heat-images.com.



St. Clair Hospital Launches Restorative Yoga For Patients With Cancer

By Nancy Kennedy

Yoga is a form of exercise and meditation that began in India 5,000 years ago. It endures to this day and has grown in popularity in the west, and is now a common wellness practice, offered in private studios, gyms, health centers and spas. The benefits of yoga are numerous: regular yoga practice can improve one's health, promote relaxation and reduce stress. More recently, yoga has been recognized as a useful adjunct to medical treatment, as an integrative therapy that

enhances the clinical management of many diseases, including cancer.

At St. Clair Hospital, the Cancer Care Center is pleased to begin offering this modern application of an ancient practice for patients, caregivers and survivors. Yoga For Patients With Cancer is a new program that the hospital launched in mid June; it features monthly classes in restorative yoga, a subset of Hatha Yoga that was specifically developed to address the special needs of people with cancer, chronic illnesses and disabilities. According to Holly Koenig, RYT, an experienced yoga

teacher who will lead the classes at St. Clair, restorative yoga is a gentle form that teaches the body to turn off the stress response and instead relax and feel at peace.

"When many people think of yoga, they picture a very athletic, vigorous form of exercise with people contorting into different positions," Koenig says. "Restorative yoga is the opposite of that; it emphasizes gentle movement, meditation, breathing and touch. It's easy to learn and safe for everyone. When you learn to truly relax, your body responds in positive ways and you feel more comfortable in your body. It's great for chronic pain, fatigue, low energy and many other conditions."

Vincent Reyes, M.D., a board-certified oncologist at St. Clair who conceived the Yoga For Patients With Cancer program, tried it himself and is now an enthusiastic proponent and participant. He credits his wife Kathleen, a physician and yoga veteran, and his colleague, oncologist Laney Francis, M.D., of Hillman Cancer Center, for inspiring him. "Dr. Francis directs the integrative medicine program at Hillman and she convinced me that yoga has great value for cancer patients. That has been validated by medical research studies." Yoga has been proven to be helpful not only to persons who are newly diagnosed and in treatment, but also to those recovering from cancer, as part of their survivorship. It can help patients manage their symptoms and ease the side effects that often accompany cancer treatment, Dr. Reyes says. "The data in medical journals indicate that yoga can effectively reduce inflammation, decrease muscle and joint pain, promote better sleep and improve the person's feeling of well-being. It can also reduce feelings of depression and anxiety that commonly accompany a diagnosis of cancer. Yoga can improve muscle strength, tone, bal-

The data in medical journals indicate that yoga can effectively reduce inflammation, decrease muscle and joint pain, promote better sleep and improve the person's feeling of well-being. It can also reduce feelings of depression and anxiety that commonly accompany a diagnosis of cancer.

-Holly Koenig

ance and flexibility, all of which may be adversely impacted by cancer treatment. Restorative yoga can be tailored to individual needs; you can do it seated. It's ideally suited to people who might be limited by shortness of breath, low energy or pain."

Yoga For Patients With Cancer was developed by Dr. Reyes and Heather Martorella, R.N., M.S.N., O.C.N., Oncology Nurse Specialist at St. Clair. Classes are conducted at 6:30 p.m. at the Dunlap Conference Center on the Fourth Floor of St. Clair Hospital. There is no charge, but those who wish to participate are asked to pre-register. Yoga mats, water bottles and fruit will be provided at the sessions, and participants should bring two bed pillows and wear comfortable clothing that moves with the body. Each class will last from 60-75 minutes.

Koenig teaches at the Dormont location of South Hills Power Yoga and has years of experience. She is excited about St. Clair Hospital's initiative. "Dr. Reyes wanted to be able to offer something really special to his patients, and I'm looking forward to working with him and the patients. My message to anyone who is curious about trying yoga is this: Just come. We welcome you. I have never had a patient express regret about participating."

Adds Dr. Reyes, "I encourage people who are struggling with the symptoms and complications of cancer and other conditions to give it a try and come to Yoga For Patients With Cancer. Come and bring a friend. I am planning to attend every session."

> For a complete schedule of sessions and more information, please call (412) 942-5082.



**BREAST FORMS
BRAS • WIGS**
Ready Made and Custom
Compression Items
**A Woman's
Specialty Boutique**

*Our selection and 25 years
experience will help you
achieve a look that's
right for you.*



*R&J's
Complete Woman*



Get even
with your *bra*

Balance symmetry shapers from Amoena®
slip into your bra to help restore your silhouette
after a lumpectomy, reconstruction or if you're
naturally uneven. It's your little secret.

amoena

Monroeville
412-646-4661
2526 Monroeville Blvd #101

Bethel Park
412-835-5093
5761 Library Road



I've scheduled mine, have you scheduled yours?

**ARE YOU DUE FOR YOUR YEARLY MAMMOGRAM?
DON'T DELAY!**

Call us now at **412-777-6257** to schedule your appointment at Ohio Valley Hospital's Radiography and Imaging Services!

REMEMBER:



an **ANNUAL** mammogram

for

women over

40



can show changes in your breast up to

2 YEARS BEFORE

you or your physician can **FEEL** them.

Ohio Valley[®]

HOSPITAL

25 Heckel Road
Kennedy Township, PA 15136

Evening and Saturday appointments are available.



Go online at www.OhioValleyHospital.org for more information.

Improving Daily Function and Quality of Life for Cancer Survivors

By Daniel Casciato

For Dr. Patricia Bornhorst, surviving cancer was part of the impetus for her to change careers and follow a long time dream of becoming a doctor. She held onto the dream at times tighter than life itself and believes it is one of the many factors that has helped her to not only survive, but to thrive.

“Having a hope along with faith is one of the strongest medicines in survivorship even if that hope is for a better moment, better day or better quality of life,” she explains. “What I have learned in my own survivorship is that all we really have is the present moment and all we can really take with us is the love we have been blessed with along the way.”

In that regard, Dr. Bornhorst always saw her own cancer diagnosis as a gift that she can give back to others. Today, as part of Washington Health System’s Physical Medicine & Sports Rehabilitation Program at the Wilfred Cameron Wellness Center in Washington, PA, Dr. Bornhorst works with cancer survivors as part of their cancer rehabilitation.

“After traveling my own journey, now I have the opportunity to help fellow survivors travel theirs,” she says.

Post-Treatment Rehabilitation

Most people are aware that cancer is a classification of diseases characterized by uncontrolled growth of abnormal cells and if left untreated may result in death. This may be due to external factors such as tobacco or an unhealthy diet, in addition to internal factors such as inherited genetics, hormones and immune conditions, says Bornhorst.

“Cancer varies widely in prognosis, management, treatment, and in the associated sequelae of adverse physical impairments,” she adds. “These impairments depend on the location and stage of cancer and result from a variety of treatment protocols involving surgery, radiation, chemotherapy, hormonal or immune therapy.”

Often times either during or after treatments are completed, a survivor will suffer from a number of functional physical impairments which can make performing basic activities of daily living a real chore or next to impossible.

Cancer rehabilitation specializes in the identification, evaluation, and



The Washington Hospital’s Physical Medicine & Sports Rehabilitation Center has a dedicated and experienced team of physical therapists in a 10,000-square-foot rehabilitation center within the Cameron Wellness Facility. Pictured above is Dr. Patricia Bornhorst (left) with a patient.

rehabilitation of functional impairments due to musculoskeletal and neuromuscular disorders associated with cancer and its treatment. The goal is restoration and maintenance of function of activities of daily living for an improved quality of life while undergoing treatment or post-treatment and sometimes years after diagnosis.

“Coordinated by a physiatrist, one who specializes in physical medicine and rehabilitation, diminishing the detrimental effects of functional impairments related to cancer requires an understanding of the interrelationship between treatments involving surgery, radiation and chemotherapy with pre-existing disorders of the cancer survivor as well as understanding the disease itself,” says Dr. Bornhorst. “Ideally, this requires a coordination of efforts of a treatment team that begins optimally at point of diagnosis, follows the survivor thru treatments, and assesses and assists with any resulting physical limitations that may impair daily function. In a sense, providing surveillance and a focal point for support for any post treatment complications that may arise in the future.”

According to Dr. Bornhorst, figures from American Cancer Society surveillance research showed that in 2014 there were 14.5 million survivors, trending up from 13.7 million in 2012. In 2015 there were close to 1.7 million new cancer cases, and of those 81,540 were newly diagnosed in Pennsylvania alone. In fact, the state of Pennsylvania ranked fifth in 2015 in the number of estimated new cancer cases behind the other larger states

of California, Florida, New York, and Texas. This holds true for the most common cancers of both sexes: prostate, lung, and colon in men and breast, lung and colon in women.

“So, not only are the number of new cancer diagnosis increasing, survivors are living longer thanks to improved treatment protocols,” says Dr. Bornhorst. “It is estimated by the year 2020 there will be 18.1 million cancer survivors in the U.S.”

In addition, the baby boomer subset of the population is aging and totals over 75 million, representing roughly 25% of the population. In fact, the largest portion of the population of baby boomers turned 65 just a few years ago.

“These survivors have specific needs and a higher risk of preexisting comorbidity not only at the time of diagnosis but many of the older survivors may have comorbidities resulting from prior treatments,” Dr. Bornhorst.

The American College of surgeons (ACOS) Commission on Cancer (CoC) has recognized this impending need. The accreditation program has identified services that involve diagnostics, treatment and research and include rehabilitation and support services that must be provided by every CoC-accredited cancer program. Dr. Bornhorst notes that these services may be provided on site, by referral, or coordinated with other facilities and must include a “survivorship plan of care” in place by the year 2015.

“Part of that care plan should include how post treatment follow-up care can be provided, including cancer rehabilitation,” she adds.

Cancer-Related Problems and How Rehab Specialists Can Help

Just as are varied the types of cancers, stage at diagnosis, and protocols so are the number of functional impairments and related conditions stemming from the specific diseases and resulting treatments.

“Some of these such as radiation fibrosis syndrome commonly seen in head and neck cancers, Hodgkin’s lymphoma, recurrent breast cancers, and metastatic disease may cause significant impairments through complications such as cervical dystonia, neck extensor weakness or dropped head syndrome, and trismus or the inability to fully open the mouth, as well as mononeuropathies and shoulder conditions such as adhesive capsulitis, known as ‘frozen shoulder,’” says Dr. Bornhorst. “Neuromuscular re-education focusing on postural correction and proprioceptive re-education, as well as soft tissue mobilization techniques, nerve stabilizing agents and certain braces or orthotics are used to treat these conditions.”

Breast cancer survivors can suffer from post mastectomy pain syndrome, loss of shoulder range of motion, secondary sleep disruption, lymphedema and a diminished capacity to perform occupational duties or vocational pursuits. A 2010 study found that weight lifting actually reduced the risk of lymphedema rather than worsening it as previously thought in these patients.

“This impairment along with shoulder contractures can be treated through targeted physical therapy to improve range of motion, injections to assist with pain, progressive resistance strengthening and compression garments,” says Dr. Bornhorst.

Chemotherapy-induced peripheral neuropathy seen in many cancer survivors during or after treatments is associated with many neuro-toxic agents. The platinum analogues such as cisplatin, used to treat ovarian, testicular and bladder cancer have an incidence of neuropathy of 28% to approaching 100%. The taxanes used to treat ovarian and breast cancer have an incidence of 57%–83% in developing chemotherapy-induced peripheral neuropathy (CIPN).

A 2010 study conducted by the
Continued on following page

Improving Daily Function and Quality of Life for Cancer Survivors

Continued from previous page.

Livestrong foundation surveyed 3,129 post treatment survivors of which 41% had finished their last treatment at least 5 years prior. The majority of respondents were between the ages of 20-54 with a median age of 44, which is much younger than the baby boomer subset of the population. Overall, 86% of the survivors in the survey reported they experienced at least one or more physical problems since completion of treatment.

The top two complaints were related to energy and fatigue, and decreased concentration in up to 53% of survivors who responded to the survey. Cognitive and psychosocial dysfunction as well as other disorders commonly seen during or sometimes years after treatment may include myalgia, muscle aches and pain, fibromyalgia, bowel and bladder dysfunction, memory impairment, and glandular dysfunction.

How Washington Hospital is Different

Many more conditions of the upper and lower extremities such as osteoarthritis, inflammatory arthritis such as gout, spinal stenosis, bursitis, myofascial back and buttock pain, radiculopathy and radiating leg pain, generalized weakness and walking difficulties as well as balance issues are treatable conditions with physical medicine and rehabilitation.

"At Washington Hospital's Physical Medicine & Sports Rehabilitation Center, we have a dedicated and experienced team of physical therapist's in a 10,000-square-foot rehabilitation center within the Cameron Wellness Facility that specializes in lymphede-

ma management as well as treating the many musculoskeletal and neuromuscular conditions," says Dr. Bornhorst.

They also offer aqua therapy and a variety of procedures including injections such as trigger point, ultrasound-guided peripheral joint injections for osteoarthritis and tendinitis, treatments for neuropathy such as in carpal tunnel syndrome, as well as hip injections, or glenohumeral and subacromial injections for certain shoulder conditions.

"Our therapists can teach compensatory techniques and strategies as well as evaluate for various assistive devices to aid with performing activities of daily living," says Dr. Bornhorst. "In addition we offer balance and vestibular management and treatment which includes the Biodex system."

She adds that they believe in, and practice, a multidisciplinary approach that involves a variety of aspects in healing, such as nutrition, education, and complimentary therapies such as acupuncture, reiki and massage.

"Our goals are to better serve our community of survivors in and around Washington County with a dedicated commitment to Cancer Rehabilitation by increasing community awareness of available resources, assisting with decreasing functional limitations associated with cancer, and improving the quality of life of our survivors," she says. "There are few rehabilitation programs that have the resources or opportunity to serve the needs of this growing population in addition to having the insight of their physician, also a cancer survivor, dedicated to serving the needs of fellow survivors."

Medical Study

Broccoli Sprout Extract May Protect Against Oral Cancer Recurrence

Potent doses of broccoli sprout extract activate a "detoxification" gene and may help prevent cancer recurrence in survivors of head and neck cancer, according to a trial by the University of Pittsburgh Cancer Institute, partner with UPMC CancerCenter, confirming preliminary results presented last year at the American Association for Cancer Research Annual Meeting.

"With head and neck cancer, we often clear patients of cancer only to see it come back with deadly consequences a few years later," said lead author Julie Bauman, M.D., M.P.H., co-director of the UPMC Head and Neck Cancer Center of Excellence. "Unfortunately, previous efforts to develop a preventative drug to reduce this risk have been inefficient, intolerable in patients and expensive. That led us to 'green chemoprevention'—the cost-effective development of treatments based upon whole plants or their extracts."

Cruciferous vegetables, such as broccoli, cabbage and garden cress, have a high concentration of the naturally occurring molecular compound sulforaphane, which previously has been shown to protect people against environmental carcinogens.

The results of the studies have been so successful that Dr. Bauman has started a larger clinical trial in volunteers previously cured of head and neck cancer. These participants are taking capsules containing broccoli seed powder, which is more convenient to take regularly than the extract mixed with juice.



For more information, visit www.whsdocs.org.

Eagle Medical Equipment



Now Offers
Post-Mastectomy Products

Let us make Your Recovery a Little Easier!

Ostomy Supplies & Wound Care Products Available

- Bras • Breast Forms • Nipple Prosthesis
- Wigs • Headcovers

5944 Steubenville Pike • McKees Rocks, PA 15136
Monday - Friday 9am - 5pm • WE ACCEPT MOST INSURANCES
724-218-1051 • www.eaglemedicalequipmentpa.com

New Medical Imaging Tool



Thermography is a radiation-free, painless medical imaging tool that requires no contact with the body.

- THERMOGRAPHY APPLICATIONS:
- Breast Screenings
 - Dermatology • Stroke • Nerve Disease • Vascular Disease
 - Circulation Disorders • Treatment Monitoring • Back Injuries
 - Physical Injuries • Dental Health • Unexplained Pain



HE@T

Health Enhancing Thermography

110 Fort Couch Road • Bethel Park, PA 15241

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



BONE & JOINT GUIDE

At Advanced Surgical Hospital, Physical Therapy is Key to Successful Knee Replacement

By Nancy Kennedy

For Advanced Orthopaedics and Rehabilitation (AOR) physical therapist Nicole Stanko, D.P.T., the most gratifying moment in her work day comes when a patient turns and walks out of her department for the last time – without a walker, without a cane, without pain, and without all the severe restrictions of living with a deteriorated, arthritic knee. Stanko’s post-operative care of patients who have undergone knee replacement at Advanced Surgical Hospital (ASH) brings her a great sense of satisfaction and even joy. “Seeing my patients walk out of here and back into their lives, fully functional and ready to enjoy life again – it’s the best feeling in the world,” she says. “For many people, knee replacement is life-changing.”

A successful knee replacement depends on many factors, including the skill of the surgeon and the motivation of the patient, but the quality of the physical therapy and

rehabilitation is critical to a positive outcome. Stanko, who has a degree in neuroscience from the University of Pittsburgh and a doctorate in physical therapy from Chatham University, serves as the Director of Physical Therapy for AOR at the McMurray location, where physical therapy is state-of-the-art, goal-oriented, and highly individualized to the specific needs of each patient. “Our approach reflects the overall philosophy of AOR and Advanced Surgical Hospital, which is patient-centered and detail-oriented,” she says. “The quality of care is superb; it’s all about the patient.”

Patients who have knee replacements at ASH have femoral nerve blocks during the operation. Stanko explains that this provides post-op pain relief, which is not only essential to patient comfort, but also to successful physical therapy. “The rationale is that if you’re pain free, you’ll be better able to perform the exercises that are a key to recovery. It’s critical to stay ahead of the pain. If you don’t exercise due to pain,



scar tissue can form, and the joint will be stiff. The patient is weaned off the nerve block by discharge day.” Knee replacement patients are assisted to perform basic exercises that strengthen the quadriceps and improve joint motion; they get out of bed and transfer to a chair on the first post-op day. They do short distance walking, as tolerated, and with each day, walk longer distances. By the third day, they’re starting to climb stairs.

“In the immediate post-op period, the goal is to reduce swelling and increase motion and strength,” Stanko says. “The overall, long term goal is to progress from a walker to a cane to no assistive device at all.”

At ASH, a typical admission is three days, followed by in-home physical therapy for three weeks. Most patients go home at discharge, but Stanko says that for some, transfer to a rehab facility is indicated. “This depends on your general health and the presence of any medical complications. But it can also be a practical matter. The home environment is a concern after joint replacement – do you live alone, or do you have someone to help you? Does your home have stairs? Is there a bathroom on every floor? You have to be able to manage at home, and that requires help and support as you recover.”

For some patients, therapy begins before surgery. “Not everyone needs

pre-op P.T., but if the person has had osteoarthritis for a long time, and their legs are weak, they’ll benefit from exercise to strengthen their quadriceps leg muscles. It’s a good idea to come in a few weeks ahead of time to get a program from us that you can do at home. The better conditioned you are going in for surgery, the better you will do afterwards,” Stanko says. “You’ll be familiar with the exercises, and that will make things easier.”

Stanko, who has been with AOR since 2008, has recommendations for persons contemplating knee replacement: 1) attend ASH’s pre-op classes to become as prepared as possible for the surgery and rehabilitation; 2) exercise to increase overall flexibility and strength, especially in your legs; 3) prepare your home environment as much as possible, so that when you return it is safe, easy to navigate and conducive to recovery.

Advanced Surgical Hospital is a 14-bed, fully licensed hospital established by the eight orthopaedic surgeons of AOR and dedicated to orthopedic specialty care. Successful joint replacement demands teamwork, and ASH has an expert interdisciplinary team of surgeons, anesthesiologists, nurses, pharmacists and physical therapists, including Nicole Stanko, who give each patient the best possible experience and outcome.



To contact **Nicole Stanko**, call (724) 941-0111. To learn more about **Advanced Surgical Hospital**, visit www.ashospital.net. The web site features a guide to knee replacement exercises that can be downloaded.



THE COMMUNITY & RECREATION CENTER

AT BOYCE MAYVIEW PARK



- ◆ Indoor & Outdoor Aquatic Center
- ◆ Fully Equipped Fitness Floor
- ◆ Basketball Courts
- ◆ Indoor Walking Track
- ◆ Group Exercise Studios

3 Month & Annual Memberships Available

Services Available:

- Personal Training
- Nutrition Counseling
- Group & Private Swim Lessons
- Children’s Programs

1551 Mayview Road • Upper St. Clair, Pennsylvania 15241
412-221-1099 • www.twpusc.org/crc/crc-home

Looking for a healthcare provider? Check out our Healthcare Directory at www.guidetogoodhealth.com



PHYSICAL • OCCUPATIONAL • SPEECH

ENERGIZING EXPERIENCE

Get back in action faster!

Our MyLife™ short-term rehab experts work with your doctor to create a customized therapy plan, based on your individual goals. During your stay, we help you achieve your goals using the latest techniques to strengthen your muscles and increase your range of motion. **Get moving again!**



Explore careers at
www.srcare.org/careers

OAKMONT CAMPUS
OakmontSrCare.org • 1.877.740.2179

WASHINGTON CAMPUS
WashingtonSrCare.org • 724.566.5132

Presbyterian
 **SeniorCare**
Positively Living

BONE & JOINT GUIDE



Treating Arm and Shoulder Injuries in the Throwing Athlete

By Amy Cline

Warmer temps have arrived, which means it's time to warm up your body in preparation for baseball and softball season. Michael Woodward, PT, DPT, facility director at the UPMC Centers for Rehab Services' Chicora location, discusses common arm injuries associ-

ated with overhead athletes and how they can be treated.

"As a physical therapist and baseball coach, I have seen a magnitude of arm injuries," says Michael. "From T-ball players to the pros, these injuries stay the same and can be caused by the same weaknesses or deficits."

Shoulder Injuries

"The primary function of the labrum and rotator cuff is to protect and stabilize the shoulder joint," says Michael. "A labral tear causes instability and increased movement of the shoulder within the joint. When a rotator cuff tear is present, there is a muscle imbalance that causes weakness and abnormal movements."

The labrum is a ring of cartilage that provides stability and protection for the shoulder. It is also the attachment point for the long head of the biceps.

The rotator cuff is made up of four muscles that provide stability to the shoulder and allow the shoulder to rotate.

Both the labrum and the rotator cuff can be torn due to traumatic incidents, overuse caused by throwing, or repetitive overhead activities.

Treatment for Shoulder Injuries

A global strengthening program is a very effective treatment option that increases stability of the shoulder and strengthens the remaining muscles to eliminate dysfunctional movements.

Another effective program for both pre- and post-injury is called the Thrower's Ten, which is a set of 10 strength training and stretching exercises designed to support the mechanics and physiology of throwing athletes. This program is extremely helpful for younger athletes to develop the rotator cuff strength at an early age.

"For those who play, coach, or have children playing baseball or softball, I strongly encourage you to speak to a physical therapist about a pre-season training program," recommends Michael. "By learning to do the right exercises, you will not have the fatigue or muscle soreness you may have had before and you'll also increase your performance velocity."



"For those who play, coach, or have children playing baseball or softball, I strongly encourage you to speak to a physical therapist about a pre-season training program."

-Michael Woodward, PT, DPT



UPMC Centers for Rehab Services' sports rehabilitation program helps many recreational, amateur, and professional athletes get back to their game. To make an appointment or for more information, call 1-888-723-4CRS (4277) or visit UPMC.com/4CRS.



More than 60 convenient locations. More ways to feel like yourself again.

To Diane, preparing a meal for her family never seemed like a big accomplishment.

Until the day she fell and broke her wrist. With the help of surgery and her physical and occupational therapists at UPMC Centers for Rehab Services, Diane's wrist is strong again and she is grateful to have her independence back.

With our many locations throughout the region, you can find one that's close to you. Our highly-trained therapists can help you recover from injuries, increase strength, and build endurance. We also accept most major health plans.

Diane got back to doing what she loves. Let us do the same for you.

To schedule an appointment, or to learn more, visit UPMC.com/4CRS or call 1-888-723-4CRS (4277).

UPMC | CENTERS FOR REHAB SERVICES

Affiliated with the University of Pittsburgh School of Medicine, UPMC is ranked among the nation's best hospitals by *U.S. News & World Report*.



BONE & JOINT GUIDE

Ohio Valley Hospital Unveils New Orthopedic Unit

By Daniel Casciato

Ohio Valley Hospital (OVH) is committed to providing their orthopedic patients with a consistent high-level of care in order to enhance the overall patient experience. That's one of the reasons OVH created a new state-of-the-art unit for people suffering from a wide range of orthopedic problems.

"Ohio Valley Hospital recognized the competitiveness in the market place and wanted to provide a great orthopedic option for our patients and orthopedic surgeons," says Nancy Tamilia, BSN, RN; a Patient Care Navigator with Ohio Valley Hospital.

The quality work OVH's orthopedic program has been doing is catching on, as they recently became a Blue Distinction Center PLUS for knee and hip replacements. The Blue Distinction Center PLUS rating is awarded by Highmark to hospitals who demonstrate expertise and efficiency, resulting in fewer patient complications and hospital readmissions.

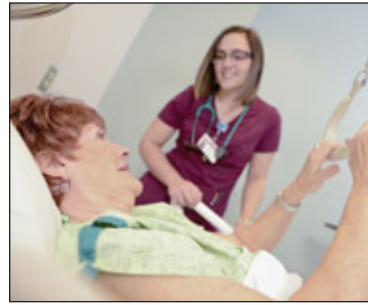
Their new unit was designed to better meet patients' expectations for quality and comfort, and to create a more efficient workflow.

Through this unit, OVH can provide top-notch care to patients undergoing procedures such as joint replacement surgery, spinal surgeries, sports medicine and rehabilitative surgeries. OVH's orthopedic specialists cover a wide range of services including hip/knee replacements, spinal surgeries, sports medicine and foot and ankle surgeries. The unit also includes a new gym for physical and occupational therapy. All pre-surgery testing, from lab work to imaging, can be done at Ohio Valley Hospital.

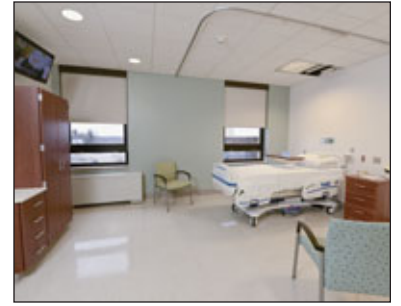
One of the distinct advantages to receiving treatment at OVH is that they are a smaller, independent community hospital where patients can feel close, like family notes Tamilia. As a result, they can provide private rooms and a low patient-to-nurse ratio, offering patients an individualized experience.

"We have specially trained nursing staff that are caring for our orthopedic patients," she says. "As a Patient Care Navigator, I manage the continuum of care from pre-admission to discharge. We provide preoperative education classes with a clear picture of what to expect before, during and after surgery."

OVH's orthopedic team is comprised of orthopedic surgeons, anes-



One of the advantages to receiving treatment at Ohio Valley Hospital is that they are a smaller, independent community hospital and offer patients an individualized experience, including private rooms and a low patient-to-nurse ratio.



esthesiologists, physical and occupational therapists, registered nurses, and dietitians. One of the floor's main surgeons is Dr. Paul Liefeld with Tristate Orthopedics. According to Dr. Liefeld, the injuries most commonly seen on their unit are hip and lower extremity fractures. In addition, many of their patients are having elective joint replacement surgeries.

"When it comes to joint replacement surgery, the key is to seek treatment prior to loss of function," he says. "There is a strong tendency for people to wait until they have lost most of their functionality before seeking treatment which can hinder their recovery."

No matter the type of injury or

surgeries patients are electing to have, Tamilia says the hospital's goal is to continue providing high-quality, advanced care for patients in the Pittsburgh area.

"We hope to grow the unit as an Orthopedic Center of Excellence as our surgeons continue to bring in patients from around the region. Our community base is pretty wide as we accept most major insurances with little restriction," she says. "We will do our best to make Ohio Valley Hospital a great place to have your necessary or elective orthopedic surgery in a quality and caring environment."

> For more information, visit www.ohiovalleyhospital.org.



Local Hospital CEO Named Pennsylvania's 2015 Grassroots Champion

Ohio Valley Hospital's President and CEO, David W. Scott, was recognized as Pennsylvania's Grassroots Champion by the American Hospital Association (AHA) and The Hospital and Healthsystem Association of Pennsylvania (HAP). This distinguished award is given to one hospital leader per state for outstanding advocacy work accomplished within the previous year.

In 2015, Mr. Scott worked on several issues plaguing hospitals and patients both state and nationwide, including supporting federal advocacy for nursing school funding, working to increase awareness of the importance in area hospitals' not-for-profit status, and supporting HAP's elongated state budget advocacy work. Above all else, Mr. Scott is a local hospital leader who is committed to advocating for access to quality care, and who is willing to take that case to policymakers.

Mr. Scott noted that "I am honored to be in a position where I can be both an advocate for patients in our region and also address the issues that challenge community hospitals."



Ohio Valley Hospital's President and CEO, David W. Scott

New App Enables Faster Registration at Monongahela Valley Hospital

Smart phone users can now check in for their appointments or tests at Monongahela Valley Hospital, track their visit histories and create patient profiles for themselves or their loved ones by downloading the free CrossChx App.

Once the user downloads the CrossChx App to his or her smartphone and creates a profile, a unique QR code will display on the phone. When registering at MVH, the user simply opens the App to display the code and holds the phone over the kiosk in the Registration areas to expedite the registration process. The secure App exceeds the HIPAA compliance standards for security and protection.

In early 2015, MVH implemented CrossChx technology in its Registration areas to help register patients faster, prevent medical identity fraud and eliminate duplicate records.

"The CrossChx App is yet another way that we are helping our patients to be in control of their health information by placing it in the palms of their hands," said Louis J. Panza Jr., president and CEO of MVH.

iPhone users can access the App at the Apple App Store while Android users can download it from Google Play.

Magee Hosts Annual Neonatal Intensive Care Patient and Family Reunion

Magee Women's Hospital recently hosted a reunion for children who have beaten the odds. A celebration of survival and quality of life for more than 350 former Magee-Women's Hospital of UPMC Neonatal Intensive Care Unit (NICU) patients, their families and the nursing and clinical staff who cared for them took place at at Pittsburgh Zoo & PPG Aquarium on June 12. The event was presented by Giant Eagle.





Water and Swimming – the Great Equalizers

By Bryan Braunlich

Swim lessons are the perfect activity for children. Mastering the ability to swim unaided builds confidence in children who are learning an activity that is not only fantastic exercise and an important survival skill, but also tremendous fun. While many children thrive in group swim lessons, some need more individualized attention or an alternative approach to traditional swim instruction to help them truly excel.

Children with learning, cognitive, or physical disorders and disabilities can learn to swim with confidence through the personalized instruction provided in the adaptive swim lessons offered by the Washington Health System Wilfred R. Cameron Wellness Center.

Adaptive swim lessons are for children ages 6 months to 14 years-old who require a different approach to swim instruction. Specifically adapted to each child's needs, our lessons provide one on one attention to each swimmer. Our instruc-



tors are certified to work with children with autism, attention deficit disorders, and a variety of physical and cognitive disabilities like cerebral palsy.

With adaptive swim lessons, certified instructors are able to teach these children with a complete individualized approach to water safety, swim instruction and techniques. Our instructors are committed to making sure that each child reaches

his or her maximum potential and learns to enjoy swimming and the freedom that the water gives. Our instructors also understand that parents want to gain the security of knowing that their children will be safe in and around the water with proper instruction.

Adaptive swim lessons also provide benefits beyond acquiring better swimming abilities. Social skills and muscle development as well as

other physical improvements will occur through these private lessons. It is truly a program that will help everyone who is involved.

Water is often considered the great equalizer. As long as someone receives proper training, swimming can evoke a feeling of purpose and accomplishment to all those who try. Life's obstacles and challenges don't have to impede a person's ability to learn this sport. In a pool, lake, river, or ocean, the weightless environment and reduced physical stress from swimming offers everyone a level playing field.

So often in this world we focus on the differences, but with swimming through regular or adaptive lessons, we are all learning the same skill – to tackle the water and stay above its surface.

For more information about **Adaptive Swim Lessons**, please contact **Katie Stache, BS, ACSM-CPT**, Aquatics and Activities Supervisor at **(724) 250-5242** or **cstache@whs.org**. Scholarships are available to those who qualify.



Private Swim Lessons

Private swimming lessons provide the greatest flexibility and one-on-one attention for swimmers of any age and ability.

Adaptive Swim Lessons

Adapted swim lessons are for children with learning, physical or cognitive disabilities. These private lessons are adapted specifically to each child's needs. These lessons emphasize water safety skills and proper swimming techniques.

Scholarships Available

For more information contact:

Katie Stache
Aquatics & Activities Supervisor
724.250.5242 or **cstache@whs.org**.



Swim School


Visit wrcameronwellness.org for more information about the following classes, various days and times available:

- Parent/Child (ages 6 months – 3 years)
- Preschool Levels (ages 3 – 5 years)
- Youth Levels (ages 6 – 13 years)



Rated **A** for Safety

Washington Health System proudly announces that our WHS Washington Hospital facility has earned an “A” grade from the Leapfrog Group. Leapfrog collects and transparently reports hospital performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions.

WASHINGTON HEALTH SYSTEM
Pulmonary and Critical Care Medicine

Welcomes New Provider
Ming-Hui Fan, MD

To schedule an appointment with one of our Pulmonary physicians, please call the office at (724) 222-2577.

whsdocs.org
997 North Main Street,
Washington, PA



WHS Washington Physician Group welcomes a new practice to our network of specialists.

WASHINGTON HEALTH SYSTEM
Physical Medicine and Sports Rehabilitation

Patricia Bornhorst, DO
Medical Director of Sports Medicine and Outpatient Rehabilitation
Team Physician for Washington Wild Things and Pennsylvania Rebellion

- Sports medicine and musculoskeletal injury
- Ultrasound guided procedures and electrodiagnostics
- Joint injection therapies; viscosupplementation
- Cancer rehab; lymphadema
- Multidisciplinary personalized treatment plans
- Comprehensive concussion management

Call us, we'll get you back in the game!
(724) 229-2700

whsdocs.org



Our Primary Care Physicians

WPHO, a partnership of 250 local primary care and specialist physicians and the Washington Health System, was founded in 1994 to assure access and availability of high quality healthcare within our community for your benefit and convenience. Look for these local physicians and healthcare services in your health plan's provider network. That way, you can receive the quality care you need at a location close to home.

Atlasburg

Dan G. Alexander, M.D. (I)
(724) 947-5535
Dan Alexander, MD

Avella

Avella Family Practice, LLC (F)
(724) 587-3472
Sean Porbin, MD

Bentleyville

Centerville Clinics, Inc. (F)
(724) 239-2390
Sheila Anderson, DO
Maria Gauna, MD

Burgettstown

Cornerstone Care (F)
(724) 947-2255
Julie DeRosa, MD
Jennifer Mungari, MD
Julie Orlosky, DO

Hickory/Burgettstown Family Practice PPCP (F)
(724) 947-4770
Michael Falcione, MD
Bruce Maskarinec, DO
Bruce Sharpnack, MD

California

Washington Health System Family Medicine-California (F)
(724) 938-7466
Allison Verenna, MD

Canonsburg

Washington Health System Family Medicine-Canonsburg (F)
(724) 745-4100
Rebecca Byard, MD
Lisa Goss, MD
W. Paul Slomiany, MD
Monica Speicher, MD

Rebecca L. Plute, M.D., P.C. (F)
(724) 746-7030
Rebecca L. Plute, MD

Carmichaels

Centerville Clinics, Inc. (F)
(724) 966-5081
Josefina Paderes, MD

Cecil

Washington Health System Family Medicine-Cecil (F)
(724) 873-7414
Robert Allison, II, DO
Sarah Duncan, MD
Lauren O' Brien, MD
Mylaina Sherwood, MD

Claysville

Claysville Family Practice (F)
(724) 663-7731
Frederick Landenwitsch, MD
Elizabeth Oshnock, DO
Janine Rihmland, MD
Kristen Romesburg, DO
John Six, MD
Brian Szklinski, MD
Abigail Templeton, MD
Sarah White, DO
Jay Ziegler, MD

Cokeburg

Alvaro N. Changco, MD, Inc. (F)
(724) 945-6128
Alvaro Changco, MD

Eighty-Four

Kevin G. Boehme, MD/Family Medicine (F)
(724) 228-2488
Kevin Boehme, MD

Fredericktown

Centerville Clinics, Inc. (F)
(724) 632-6801
Yong Cho, MD

Hickory

Hickory/Burgettstown Family Practice PPCP (F)
(724) 356-2273
Michael Falcione, MD
Bruce Maskarinec, DO
Bruce Sharpnack, MD

McMurray

Complete Family Care (F)
(724) 260-0830
Frederick Landenwitsch, MD
Elizabeth Oshnock, DO
Janine Rihmland, MD
Kristen Romesburg, DO
John Six, MD
Brian Szklinski, MD
Abigail Templeton, MD
Sarah White, DO
Jay Ziegler, MD

Washington Health System Waterdam Pediatrics (P)
(724) 942-6499
Gary Smith, MD

Washington Health System Primary Care-Lakeside (F)
(724) 969-1001
Matthew Diiulio, DO
Robert Koschik II, MD

Waterdam Family Practice (F)
(724) 942-4372
Kurt King, MD
David Mittell, MD

Republic

Centerville Clinics, Inc. (F)
(724) 246-9434
Aaron Lenhart, DO

Washington

AHN Washington Internal Medicine (I)
(724) 222-9300
Patricia Friedsam, MD
Harry Silvis, MD

Centerville Clinics, Inc. (F)
(724) 223-1067
Shweta Arora, MD
Daniel Holt, MD
Mark Mamros, MD
Jennifer Muhly, MD
Pankaj Thakur, MD

Cornerstone Care-Pediatric Associates of Washington (P)
(724) 228-7400
Edward Foley, MD
Mary Maher, DO

Craig D. Fox, MD (F)
(724) 228-4550
Craig Fox, MD

Internal Medicine and Geriatrics of Washington (I)
(724) 222-4464
Richard Hahn, MD
William Kottner, MD
James Krebs, MD

PPCP Tylerdale (F)
(724) 222-7240
Nicholas Fuerst, MD
Joshua Goodrum, DO
Sean Kelly, DO
Dennis Kitsko, DO

Washington Health System Family Medicine-Neighbor Health (F)
(724) 223-3100
Anna-Binney McCague, MD (I,P)
Jeffrey Minteer, MD
T. Grant Phillips, MD
Matthew Stantspainer, DO
Kimberle Vore, MD

Washington Health System Family Medicine-North Main (F)
(724) 225-9970
Sara Casile, DO
Dennis Davis, MD
Christa Malinak, MD

Washington Health System Internal Medicine (I)
(724) 229-7570
Douglas Corwin, MD
Henry Folb, MD
Richard Hart, MD

Washington Health System Washington Pediatrics (P)
(724) 250-6001
Michael Faust, MD
Tera Faust, DO
Tina Lengauer, DO
Marisa Quattrone, MD
Richelle Sommerfield, MD

Waynesburg

Washington Health System Family Medicine - Elm Drive (F)
(724) 627-5780
John P. Martin, DO

Washington Health System Family Medicine - Greene Plaza (F)
(724) 627-8582
Amy R. Diamond, MD

Washington Health System Family Medicine-Waynesburg (F)
(724) 627-8080
Lindsey Beabout, DO
Sherry Zimmerman, MD

HOSPITAL ORGANIZATION PROVIDER NETWORK

Our Specialist Physicians

We have offices conveniently located in the community.

Allergy and Immunology
Advanced Allergy & Asthma
(724) 224-5440
Kumar Patel, MD

Allergy & Asthma Care
(724) 483-2060
Nikhil Davé, MD

Anesthesiology
Keystone Anesthesia
Consultants, Ltd.
(724) 222-7167
Lee Bischof, DO
Joseph Brula, MD
Gray Goncz, DO
Ajoy Katari, MD
James Massucci, MD
Christopher Merck, DO
David Odasso, MD

Cardiac Electrophysiology
Regional Cardiovascular
& Medical Center, Inc.
(724) 222-0436
Maninder Bedi, MD
Christopher Kolibash, MD
Glen Miske, DO

Cardiology
Donohue & Allen Cardiology-
UPMC, Inc.
(724) 222-1125
Christopher Allen, MD
Bryan Donohue, MD
John Pensock, MD

Washington Health System
Cardiovascular Care
(724) 225-6500
Charles Brown, MD
David Campsey, MD
John Costello, MD
Michael Pecora, MD
James Richardson, MD
Brian Staub, MD
Jose Venero, MD

Chiropractic
Chiropractic Care Center
(724) 223-9700
Duane Marasco, DC

Critical Care Medicine
Pittsburgh Critical Care
Associates, Inc.
(412) 371-9133
Lauren Comisky, DO
Terrence Gilbert, DO

Dermatology
Vujevich Dermatology Associates
(724) 228-7006
Elizabeth Froelich, MD
Diane Inserra, MD
Christie Regula, MD
Justin Vujevich, MD
Marion Vujevich, MD

Emergency Medicine
EmCare
(724) 223-3085
Richard Aprea, MD
Amarjith Mally, MD
Pascal Phares, MD
Thomas Pirosko, DO

Endocrinology
Allegheny Endocrinology
Associates
(724) 206-9734
Murray Gordon, MD
Hemlata Moturi, MD

Gastroenterology
Pezzone Gastroenterology
Associates, PC
(724)-503-4637
Michael Pezzone, MD

Southwest Gastroenterology
Associates
(724) 941-3020
Philip Joson, MD
Richard Kenney, DO
Richard Panicco, DO
Mohan Phanse, MD
Jennifer Totten, MD

General Surgery
Angott Surgical Associates
(724) 222-9500
Brent Angott, DO
John Mitchell, MD
Wayne Myers, DO

Dennis P. Brown Surgical, PC
(724) 225-7300
Dennis Brown, MD

Hospitalist – Inpatient Services
EmCare Northeast Region
(724) 579-1654
Arcadio Agudelo-Hernandez, MD
Paramvir S. Bains, DO
Habib Bhatti, MD
Christian Bolea, MD
Stephen Funkhouser, DO
Gaurav Gandhi, MD
Rabih Hassan, MD
Victor Okeh, MD
Bhumika Patel, DO
Viji Paulson, MD
Rebecca Pepper, DO
Shashank Ponugoti, MD
Natalia Zavodchikov, DO

Hospitalist - Waynesburg Inpatient
Services, LLC
(724)-627-3101
Jami D. Pincavitch, MD

Infectious Diseases
Washington Health System
Infectious Disease
(724) 206-9149
Atif Saeed, MD

Medical Oncology
Oncology Hematology Association
(724) 223-3816
Patrick Kane, MD
Nitin Kapoor, DO
Alexis Megaludis, MD
Jaime Mullin, DO

Nephrology
Kidney Care Center
(724) 229-8834
Joseph DeJonckheere, MD
Jessie Ganjoo, MD
Amit Nahata, MD

Southwestern Nephrology, Inc.
(724) 228-1303
Shirley Dopson, DO
Subramoniam Jayakumar, MD

Teredesai, McCann and Associates, PC
(724) 228-2611
Elias Bahta, MD
James McCann, DO

Neurological Surgery
Allegheny General Hospital
Department of Neurosurgery
(724) 228-1414
Michael Oh, MD
E. Richard Prostko, MD
Nestor Tomycz, MD
Donald Whiting, MD

Neurology
Adult Neurology Center, PC
(724) 229-6195
Kent Berkey, MD
Bruce Cotugno, MD
Evgeniy Shchelchkov, MD

Southwestern Pennsylvania
Associates in Neurology
(724) 228-4011
Rami Ausi, MD
Tatyana Barsouk, MD
Mark Hospodar, MD
Kiran Patil, MD
Karen Tobin, MD

Obstetrics/Gynecology
Washington Health System
OB/GYN Care
(724) 225-3640
William Mitsos, MD
Malay Sheth, MD
Kathryn Simons, MD
Monica Smith, DO
Kevin Stocker, MD
Marianne Wizda, MD

Miguel Marrero, MD
(412) 257-4200
Miguel Marrero, MD

Occupational Medicine
Washington Health System
Occupational Medicine
(724) 223-3528
Scott Leslie, MD

Ophthalmology
Crossroads Eye Care Associates
(724) 941-1466
Thomas D'Orazio, MD

Southwestern Pennsylvania Eye Center
(724) 228-2982
E. Ronald Salvitti, MD
Jennifer Salvitti Davis, MD
Sean Pieramici, MD

Washington Eye Center, Inc.
(724) 222-3937
Paul Caimano, DO

Oral/Maxillofacial Surgery
Washington Dental Surgery Associates
(724) 225-3022
Joseph Nawrocki, MD, DMD

Western PA Oral & Maxillofacial Surgery
(724) 223-0579
Steven Krakora, MD, DMD

Orthopedic Surgery
Advanced Orthopaedics
& Rehabilitation, LLC
(724) 225-8657
Armando Avolio, Jr., MD
Gregory Christiansen, MD
John Gibbons, MD
Patrick McCulloch, MD
Eric Nabors, MD
Vincent Ripepi, DO
Michael Scheel, MD
Joseph Stracci, DO
David Welker, MD
Justin Zenner, DO

Anthony C. Canterna, MD, LLC
(724) 222-5940
Anthony C. Canterna, MD

UPMC-Orthopaedic Specialists, Inc.
(877) 471-0935
Mark Baratz, MD

Washington Health System
Orthopedics and Sports Medicine
(724) 206-0610
Mark Lesh, MD
Jeffrey Matheny, MD
Edward Poon, MD
Vikram Sathyendra, MD
David Stapor, MD

Otolaryngology
Eugene F. Paluso, MD, Ltd.
(724) 228-0782
Eugene Paluso, MD

Jeffrey B. Banyas, MD, LLC
(724) 942-3502
Jeffrey Banyas, MD

(Our Specialist Physicians cont.)

Washington Ear, Nose & Throat, LLC
(724) 225-8995
Howard Goldberg, MD
Edward Stafford, MD

Pain Management
Keystone Anesthesia Consultants, LTD
(724) 969-0191
Richard Plowey, MD

Palliative Medicine
Washington Health System
Hospice and Palliative Medicine
(724) 250-4500
Jeffrey F. Minter, MD

Pathology
Pathology Associates of Washington
(724) 223-3137
Lawrence Lee, MD
Nathaniel Sherwood, DO
Thomas S. Talamo, MD
Songtao Wang, MD

Physical Medicine
Anthony N. Ricci, MD, PC
(724) 678-0282
Anthony Ricci, MD

Associates in Physical
Medicine & Rehabilitation
(724) 223-9270
Michael Platto, MD

Debra J. Panucci, MD, LLC
(724) 745-3908
Debra Panucci, MD

JW Medical Rehabilitation, LLC
(412) 942-4000
Julia W. Wilcox, MD

Washington Health System
Physical Medicine and Sports
Rehabilitation
(724) 229-2700
Patricia A. Bornhorst, DO

Plastic Surgery
Amelia Paré, MD
(724) 941-8838
Amelia Paré, MD

Podiatry
Canonsburg Podiatry Associates
(724) 746-1870
Kathryn Weldy, DPM

Cynthia B. Hatfield, DPM
(724) 222-8883
Cynthia Hatfield, DPM

Grossman Podiatry Center
(724) 222-5230
Adam Grossman, DPM

Philip S. Pinsker, DPM
(724) 225-7410
Philip Pinsker, DPM

Washington Health System
Foot and Ankle Specialists
(724) 222-5635
Nicholas Lowery, DPM
James Marks, DPM

Washington Health System Foot
and Ankle Specialists - Greene
(724) 852-2788
Darlene N. Saheta, DPM

Psychiatry
Psychiatric Care Systems, PC
(724) 941-4070
Oscar Urrea, MD

Washington Health System
Behavioral Health
(724) 579-1075
Ravindranath Kolli, MD
Jeanann McAllister, MD
Navdeep Purewal, MD

Washington Health System Center
for Recovery and Wellness -
Outpatient Services
(724) 627-2756
Richard O. Ajayi, MD

Pulmonary Medicine
Washington Health System
Pulmonary
(724) 222-2577
Nadine Dandachi, MD
Ming-Hui Fan, MD
Ihab Hassan, MD

Radiation Oncology
Washington Health System
Radiation Oncology in Partnership
with UPMC Cancer Center
(724) 223-3788
Michael Dougherty, MD

Radiology
Greater Washington Radiologists, Inc.
(724) 223-3300
William M. Almasy, MD
Giovanna Aracri, DO
Kevin Birnie, MD
William Castro, MD
William Conroy, MD
William Downer, MD
Tazeen Jamal, MD
Michelle Kirshen, MD
David Leukhardt, MD
Dina Novitskaya, MD
Wilson Pyle, MD
Timothy Zelenak, MD

Radiology - Interventional
Interventional Radiology
Specialists, Inc.
(724) 223-3059
Carl DiGiorgio, DO
Jeffrey Hilger, MD
Philip Wildenhain, MD

Rheumatology
Arthritis and Rheumatology
Associates of SW PA
(724) 228-8856
David Seaman, MD

Sleep Medicine
Southwestern PA Pulmonary &
Sleep Medicine
(412) 341-2496
Charles M. Koliner, MD

Sukhdev S. Grover and Associates
(724) 627-2766
Amit Goulatia, MD
Sukhdev S. Grover, MD

Urology
Tricounty Urology Associates
(724) 222-8871
Damon Hoffmann, DO
Mukul Balaji Patil, MD
Sunil S. Savarirayan, MD
Jason Smith, DO

Timothy P. Weyrich, MD
(724) 942-3963
Timothy Weyrich, MD



Offers comprehensive services at convenient locations in Washington & Greene Counties

Washington

Washington Hospital
Inpatient and outpatient services
including:
Cancer Care
Emergency Care
Hospice and Palliative
Medicine
Heart, Lung and Vascular
Services
Orthopedics and
Neurosciences
Surgical Services
Women's Health Services

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

Medical Plaza - Wellness Way
Outpatient Rehabilitation
Physical Therapy
Occupational Therapy
Hand Clinic
Speech Therapy
Sports Medicine
Wound and Skin Healing

Outpatient Center - Neighbor
Health
Diabetes Education
Family Medicine Center
Laboratory
Occupational Medicine
Radiology

Outpatient Center - Meadows
Landing
Women's Center
Lab Services
Tri-State Surgery Center

Greenbriar Treatment Center
Inpatient Drug and Alcohol
Rehab Services
Donnell House
Hospice Care
Palliative Medicine

Strabane Trails of Washington
Senior Independent Living

Strabane Woods of Washington
Senior Assisted Living

Canonsburg
Family Medicine Center -
Canonsburg And Laboratory
Services

Cecil
Outpatient Center - Cecil
Family Medicine Center
Diagnostic Center

Peters Township

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

Waynesburg

Medical Plaza - Greene County
Laboratory
Radiology EKGs

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

Greene Plaza
Wound and Skin Healing
Center for Recovery and
Wellness



Are You Confident in Your Child's School?

By Denise J. Rechterik, M.Ed.

Your children are often your most precious and greatest treasure. You love, nurture, and teach them from the moment they are conceived.

When they turn school age, you are asked to hand over a portion of that caring and teaching to other adults which can be quite scary. How do you know you can trust these adults? Are they competent to care for your child? Are they experts in their field where your child will receive the best of the best services? Everyone may ask themselves these questions; however, for parents of children with disabilities, these questions take on a whole new meaning. Can you imagine if your child has communication challenges where they are possibly nonverbal? How would you even know what was happening to them while in school? These special concerns are faced by more families than you may realize.

Public school systems make every effort to meet the needs of every child under their care. At times, a child's needs are so unique and significant, specialized schooling outside the public school building may be the most appropriate educational placement. But how would one go about choosing from



the many specialized schools that exist? The most effective private placements are child and family focused. The needs, strengths, and goals of each individual child are of primary concern for all members of the student's educational team. Professionals from many areas of discipline should work together to formulate a plan of action to promote optimal success for each individual child resulting in obtaining the desired goals. Such representatives from various areas of discipline may include Education Specialists, Behavior Consultants, Psychological Therapists, Speech and Language Pathologists, Occupational Therapists, Physical Therapists, and Crisis Intervention Specialists. Collaboration between any necessary professionals and the families is key to achieving success for any child, but especially for a child with disabilities.

> Denise J. Rechterik, M.Ed., is the Education Director at the **New Story School** in Monroeville. It is a licensed, private school that contains the necessary elements of success for children with significant cognitive disabilities. There are currently eleven New Story Schools who service children with severe and complex challenges throughout Pennsylvania and Ohio. For more information, visit www.newstory.com

Healthy Eating for Kids – It's Essential

by Iris Valanti,
Jewish Family & Children's Service



The Squirrel Hill Community Food Pantry (SHCFP) reminds parents whose children are home for the summer and not getting their school breakfast and lunch that if they are struggling to provide those extra meals at home, help is available. Food pantries like SHCFP exist all over the region, and they can help locate a food pantry that serves neighborhoods outside the 15213 zip code.

Households that require special diets (kosher, gluten-free) may be eligible for food assistance from SHCFP no matter what community they live in.

Healthy eating is always very important for children. Their physical and cognitive development depends upon the critical building blocks of healthy food. But a 2013 study from Harvard School of Health documented what most of us suspected: buying healthy food generally costs more than buying junk food. About \$1.50 more per day per person. That may not sound like much, but for a low-income family of five, and extra \$50+ a week can push the grocery budget over the edge.

Meanwhile, a little more than 25% - one quarter - of Pennsylvania's children ages 10-17 are obese. The reasons are not hard to imagine. More television and computer entertainment than ever, the marketing of highly processed and sugary foods to children, cutbacks in physical education programs in schools, the rise of sugary drinks, and increased portion sizes all contribute to what many have referred to as an epidemic. This is another reason it is important to serve healthy foods at home.

Today's food pantries no longer just offer a bag of pre-selected canned items gathered from local food drives. A large percentage of food at the Squirrel Hill Community Food Pantry is purchased, and more than 20% is fresh produce. Matthew Bolton, Director of SHCFP, says that modern food assistance agencies all focus on distributing healthy foods.

Children can't tolerate any period of time without adequate food and not suffer consequences. Evidence from childhood nutrition research shows that "There exists no "safe" level of inadequate nutrition for healthy, growing children. . . . When children attend school inadequately nourished, their bodies conserve the limited food energy that is available. Energy is first

Today's food pantries no longer just offer a bag of pre-selected canned items gathered from local food drives. A large percentage of food at the Squirrel Hill Community Food Pantry is purchased, and more than 20% is fresh produce.

reserved for critical organ functions. If sufficient energy remains, it then is allocated for growth. The last priority is for social activity and learning. As a result, undernourished children become more apathetic and have impaired cognitive capacity." (Brown, Beardslee, & Prothrow-Stith, 2008)

Summer seems like a carefree time for children freed from school routines, spending their days playing, resting and vacationing. But some children think of summer as the time they go hungry.

> For more information on Jewish Family & Children's Service of Pittsburgh, visit <http://www.jfcpgh.org> or call (412) 422-7200.

Is your child under 3 years of age?
Do you have concerns about his or her development?

teli *The Best Choice for Your Child.*

We provide convenient in-home and community-based therapies using the newest technology at no cost.

Call teli for more information about Early Intervention Services 412-922-8322!



Western Pennsylvania School for Blind Children



Programs Include

- Free Early Intervention
- "A Child's VIEW" Blended Child Care
- Day and Residential Programming for Students 3 -21
- Outreach Services for Students Served in Home Districts

Located in the heart of Oakland, WPSBC is a one-of-a-kind educational facility committed to training visually impaired students with additional disabilities.

The School also provides vital early intervention and outreach services to visually impaired students, with or without additional challenges, throughout western PA.

201 N. Bellefield Avenue Pittsburgh, PA 15213 412.621.0100
www.wpsbc.org



New Story

Schools & Services

Creating New Stories for Children, Families and Ourselves

New Story's private licensed schools offer an academic learning environment and multiple therapeutic services to help students achieve success while dealing with educational and behavioral challenges. We serve students 5 through 21 years of age.

New Story provides emotional support and autism support classrooms along with multiple community based programs. We work to create an individualized program to meet the student's needs.

At New Story schools, our students are writing new chapters filled with hope and success for their future.
DuBois • Indiana • Monroeville

877.622.7245
 Check out our new website!
www.newstory.com



CHILDREN'S HEALTH

Technology Allows Vision Screenings to Include Children 1 Year through 6 Years

By Sarah Lewkowicz

One in every 20 children has an undetected vision problem, but those numbers are better for the children of Allegheny County thanks to the efforts of Blind & Vision Rehabilitation Services (BVRS) of Pittsburgh.

Blind & Vision Rehabilitation Services' foremost contribution to the prevention of blindness is its vision screenings, which have led to the identification of correctable eye problems in nearly 500 children annually.

Since its inception 53 years ago, this free screening program has benefited nearly 300,000 preschool-aged children throughout Allegheny County.

In 2013, BVRS introduced instrument-based pediatric vision screening, the preferred method for younger children. This noninvasive mobile PlusOptix screening device operates within 0.7 seconds, requires minimal cooperation from younger children, and provides results immediately in a digital or hardcopy format for the parents or caregivers. This technology helped BVRS technicians screen an additional 8,000 children over the past three years, which has resulted in a greater number of children served. The PlusOptix device provides immediate pass/fail results for the following:

- Amblyopia
- Far-sightedness (hyperopia)
- Shortsightedness (myopia)
- Astigmatism, which results in blurred vision
- Anisometropia, a lack of balance between each eye's ability to refract light



If you know of a local day-care center or preschool where vision screening is not currently provided, please contact Sarah Lewkowicz at (412) 368-4400, extension 2213, or slewkowicz@pghvis.org.

- Corneal reflexes for eye misalignment
- Anisocoria, or unequal pupil sizes

The vision screening technicians also provide color discrimination screenings to children 3 years of age and older.

Sarah Lewkowicz is Coordinator of Children's Vision Screening at **Blind & Vision Rehabilitation Services of Pittsburgh**. For more information on this 106-year-old, nationally accredited agency, call **(412) 368-4400** or visit www.bvrspittsburgh.org.

Free Vision Screenings for Children 1 year - 6 years

Call us today – 412-368-4400 –

and ask how to schedule a screening at your child's daycare center or preschool



Blind & Vision Rehabilitation Services of Pittsburgh

Changing the lives of persons with vision loss by fostering independence and individual choice.



BACK TO SLEEP: Safe Sleep Guidance for Infants from The Children's Home, a Gold Safe Sleep Champion

Every parent wants to keep their baby as safe and healthy as possible. Every parent also wants (and needs!) their baby to sleep. How does a family meet both of these needs so that everyone can rest easy?

The Children's Home of Pittsburgh & Lemieux Family Center is proud to have been recently designated a Certified Gold Safe Sleep Champion, the highest designation through The National Safe Sleep Hospital Certification Program. This program, an initiative of Cribs for Kids® and numerous other health and safety organizations, has created guidelines for hospitals to adhere to while babies are inpatients; these guidelines also help hospitals teach families about

safe sleep habits that they can continue at home.

In the United States, each year there are approximately 3,500 infant sleep-related deaths due to accidental suffocation, strangulation, or undetermined causes during sleep. By achieving the highest certification level, The Children's Home has committed to join in the continual effort to reduce infant sleep related deaths by: establishing a hospital infant safe sleep policy; modeling infant safe sleep through the hospital; and partnering with Cribs for Kids®.

"In order to impact and reduce the number of sleep-related infant deaths in our community it is critical to provide a consistent and repetitive message about infant sleep safety," said The Children's Home's Clinical Director, Erin Colvin. "The Children's Home of Pittsburgh is the ideal setting to

begin the message of safe sleep for infants." So what can you do at home to create a safe sleep environment for your baby?

The Safer Way to Sleep Initiative recommends:



- Placing your infant to sleep on their back – this is where babies sleep safest! (If your baby can roll over well, you do not have to reposition her if she turns while sleeping.)
- Having your baby sleep on a firm sleep surface, like a safety-approved crib mattress.
- Keeping loose bedding, stuffed animals, and toys out of your baby's sleep area. (Nothing should be in your baby's sleep area but your baby!)
- Maintaining your baby and her room at a comfortable temperature for an adult – dress your baby in lightweight sleep clothing, like a wearable blanket.

Follow these guidelines for every sleep time – naps and nighttime – to ensure that your baby has the safest sleep environment possible so that everyone can rest easy!



Established in 1893, The Children's Home of Pittsburgh is an independent non-profit organization whose purpose is to promote the health and well-being of infants and children through services which establish and strengthen the family. The Children's Home founded and operates three programs: a licensed Adoption Program; Child's Way®, a day care for medically fragile children, birth to age 21; and a 30-bed Pediatric Specialty Hospital, providing acute care for children ages birth to 21 as they transition from referring hospital to home. Additionally, the Lemieux Family Center provides families with amenities to help make the hospital feel more like home, including private rooms for comfortable overnight stays.

Do You Wonder How Early Intervention Works?

If your child is receiving Early Intervention Services, you are most likely working with them on a daily basis, doing your homework! As part of Early Intervention, parents are provided with activities that replicate the work that the therapist performs during their session. "I found that as parents understand more about the process, they better understand how important their involvement is in their child's progress," notes Vanessa Doherty, Occupational Therapist with teli. While each child's needs are different, and their Early Intervention plan unique, Vanessa identifies two activities that are fairly common and shares the "back story" on why and how they work!

The use of a therapy ball for a child to sit on or roll on their belly can address a number of developmental needs. For example, sitting on the ball and balancing with their feet off the floor, helps them to develop core strength and expand their ability to tolerate the sensation of movement without touching the floor with their body. "We may change positions to help them learn how to manipulate their body position to retain balance and with repetition, a child begins to self adjust to avoid losing their balance over time," says Vanessa. "This is an instance when both gaining core strength and an ability to handle sensory cues becomes more natural for the child as they practice over and over."

While hugs are a definite sign of affection, for children with sensory processing issues, they may have difficulty tolerating their environment for example: sound or light touch or a hug. "There is a reason why we give these children big hugs, it releases a natural occurring chemical called dopamine in their system, which is known to have a calming effect on the body," notes Vanessa. "We may even use a therapeutic tool called a "pressure vest" that literally simulates a hug around a child's body as we help them tolerate stressful situations."

In each of these cases, these activities and tools are helping a child to begin to build skills that enable a long term integration of movement or ability that becomes second nature to them. "Our goal is to build confidence in the child through these activities as they become more and more comfortable with their abilities," notes Vanessa.



Vanessa Doherty

You can learn more about **teli Early Intervention** by calling (412) 922-8322 or by visiting the website at www.telipa.org.



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

Staffed by pediatric registered nurses and trained child care associates, Child's Way provides an alternative to in-home nursing care. **If your child does not qualify for a typical day care because of ongoing medical needs, Child's Way may be the answer.**

5324 Penn Avenue • Pittsburgh PA 15224 • 412-441-4884
www.childrenshomepg.org

INDEPENDENT LIVING

What Makes a Great Residential Program?

by Tiffany Merriman-Preston

When people hear that Emmaus offers a Residential Program for people with intellectual disabilities, they often ask about the houses: Do you build them? Are they institutions? Medical facilities?

In reality, Emmaus homes look a lot like those in your neighborhood. What makes an Emmaus house a Home is the relationships! The people inside! Residents of the Emmaus Community live in family-style homes, with an average of three people living together and receiving support from a caring team of direct support professionals. Emmaus is rooted in a philosophy of people with and without disabilities sharing their gifts and their lives.

What happens in a Residential Program? Emmaus Executive Director Karen Jacobsen is well-versed on this subject, as she and her husband lived in an Emmaus home as Direct Support Professionals for eight years before she moved into management. She says, “a quality residential program depends upon people building real, meaningful relationships with one another. When we lived at Emmaus’ Bethany House, the residents there truly supported one another. They built lasting friendships, celebrated birthdays and holidays together, and they saw each other



Emmaus Executive Director Karen Jacobsen and resident Matt Mittelmeier.

through personal losses and tough times. Likewise, while my husband and I provided the support they needed in their everyday lives—assistance with transportation, meal prep, medication, money, new skills—they also shared many unique gifts with us. They changed the way we saw the world. We all got to know each other deeply and helped one another grow.”

Quality residential programs don’t stop at building relationships within the home. They

also help residents become more connected with their greater communities. The Emmaus residents host open houses to meet their neighbors, volunteer at local charities, participate in sports leagues and arts programs, work at neighborhood businesses, and are active members of their communities. By helping to facilitate relationships between residents and the greater public, Residential Program staff become advocates, striving alongside people with intellectual disabilities to build a more inclusive community.

Individuals with intellectual disabilities seek Residential Programs for many reasons, often when a parent is no longer able to provide care, due to aging or death. A quality residential program helps transform crises into opportunities for people to grow, flourish, and spend time with others who care about them. Jacobsen goes so far as to say, “I would recommend that everyone spend some time doing this kind of work and getting to know people with disabilities. You gain so many new experiences. These relationships make a real difference in the lives of everyone involved.”



For more information, you can reach **Emmaus Community of Pittsburgh** at (412) 381-0277, email info@emmauspgh.org or visit the website www.emmauspgh.org.

Debbie is at home at

Emmaus

The Emmaus Community of Pittsburgh is a faith-based non-profit organization which provides residential homes, non-residential services, and advocacy for people with intellectual disabilities. At Emmaus, everyone has a chance to belong!

Would you like to make a living by making a difference? EMMAUS IS NOW HIRING CAREGIVERS! EOE. Join our team! Voted Top Workplace by the Post-Gazette in 2015!

Do you have questions about receiving services or how to volunteer or support Emmaus? Please give us a call!



Emmaus Community of Pittsburgh

www.EmmausPgh.org

2821 Sarah Street
Pittsburgh, PA 15203

info@emmauspgh.org

(P) 412-381-0277

(F) 412-431-8653

Senior Living Options



Eating Well For Better Health

By Dr. Marylou Buyse



Eating a healthy diet is important at any age, but it's even more crucial for seniors who have unique nutritional needs. As you age and your body changes, it's vital that you eat wholesome, nutritious foods, which can improve your quality of life and promote your overall health and well-being.

The way your body processes food changes as you get older. Some of the physical changes that can affect your diet include a slower metabolism and digestive system, a loss of sense of taste and smell and a lack of appetite. It may be necessary to adapt your diet to make sure you're getting the nutrients needed to keep your bones, organs, muscles and other parts of your body healthy throughout your life.

By eating well and adopting a healthy diet, you can reduce your risk of potential health problems that are common in older adults, such as diabetes, heart disease, bone loss, high blood pressure and high cholesterol. If you already have one or more of these conditions, a nutrient-rich diet may help you to better manage them.

Try to eat a well-balanced diet that includes nutritious foods like vegetables, fruits, whole grains and protein. Follow these tips to boost your nutritional health:

Hydrate. Drink plenty of water and eat foods with high water content, such as soups, cucumbers, grapes and melons to stay hydrated. Try to limit beverages with added sugar and salt.



Brighten your plate. Aim to eat a variety of vegetables and fruits in your diet. Choose dark, leafy green vegetables, like broccoli and kale, as well as orange and yellow vegetables, like carrots, squash and yams. Focus on whole fruits rather than fruit juices. Plums, berries and melons are fruits rich in color and nutrients.



Opt for whole grains. Select foods with whole grains over those with processed white flour to increase fiber and nutrients in your diet. Whole grains like brown rice, wheat bread and whole grain cereals will keep you full longer and help to control your blood sugar levels.

Pick protein for power. Increase your protein intake with foods like eggs, dairy, beans, chicken, fish, and nuts to build and maintain muscle mass and boost your overall health.

Remember, no matter your age, it's never too late to realize the benefits of healthy eating. If you're thinking about making any dietary changes, be sure to consult your doctor or health care provider.



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



Jefferson Hills Manor

• 83 Bed Facility	• Skilled Nursing	• Speech Therapy
• Short-Term Rehabilitation	• Respite Care	• Outpatient Therapy
• Long-Term Care	• Physical Therapy	• Transportation Van
	• Occupational Therapy	• In-House Pharmacy

(412) 653-1128

448 Old Clairton Road, Jefferson Hills, PA 15025
www.guardianeldercare.com/index.php/jefferson-hills-manor

Serving residents in the South Hills of Pittsburgh for more than 50 years

For more on Senior Living Options, log on to www.guidetogoodhealth.com

Elderly Housing Development & Operations Corporation



Affordable Housing for Seniors



62 years of age or older



Now Accepting Applications!

I.W. Abel Place

4720 Hatfield Street
Pittsburgh, PA 15201
412-687-7120



Lloyd McBride Court

614 Lincoln Ave.
Millvale, PA 15209
412-821-4474



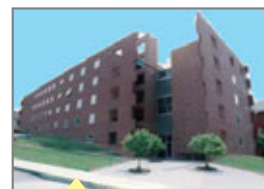
Newly Renovated

Steelworkers Tower

2639 Perrysville Ave.
Pittsburgh, PA 15214
412-321-2460



**62 years of age or in need of features of an accessible unit*



Lynn Williams Apartments

3710 Brighton Road
Pittsburgh, PA 15212
412-734-4229

Rent Based on Income
(Income limitations apply)

- ✓ Secure buildings
- ✓ On-site laundry facilities
- ✓ Off-street resident parking
- ✓ On-site Service Coordinator

Live ~ Laugh ~ Love At LOCUST GROVE

Where it feels like home and you are safe in our secured Memory Care and Personal Care neighborhood.

For more information, please call (412) 461-7210



4043 IRENE ST
WEST MIFFLIN, PA 15122
LOCUSTGROVESLIVING.COM

A Compass Pointe Healthcare System Community

Senior Guide

- Senior Directory • Advice for Caregivers • Alzheimer's
- Home Care/Hospice • Senior Living Options • Rehabilitation
- Senior Services that Support Independent Living



Alzheimer's Disease: Satisfying Ways to Fill Time During Visits

Alzheimer's disease is a journey, not just for those living with the disease, but for loved ones as well. Where do you turn if you have questions? Who truly understands what you are going through? At Presbyterian SeniorCare, we have resources to help those who are looking for a little guidance and reassurance that they are not alone.

What would you do if your spouse was diagnosed with Alzheimer's disease? Jim Ruck and his wife Gail Britanik "moved into the disease" when Gail was diagnosed in 2010. Jim visits Gail, now a resident at The Willows skilled nursing care community on the Presbyterian SeniorCare, Oakmont campus, every day and uses writing to share their journey.



This feature story from Jim Ruck is the third of a four part series about Alzheimer's disease and how loved ones cope.

Engaging Gail

by Jim Ruck

I continue to look for ways to connect with my wife during visits. Since last spring, Gail has been unable to follow a conversation or say more than a few words at a time. I have found three activities that have been particularly satisfying and fill much of our time during my visits – and I hope they help you, as well, if and when you need them.

As Gail declined further, she lost interest in the photos. I tried simpler albums with fewer photos on the page, which helped for a while. Recently I put the photos on my iPad. The iPad gives one large photo at a time, which can be zoomed in; this has helped Gail reengaged with the pictures. Gail is living almost exclusively in the present, so even though we are looking at the same photos each time, it is a "new" experience.

MUSIC

Gail always had favorite singers. As her agitation progressed and other interests faded, music remained. Watching some videos from WQED fundraisers featuring music from Peter, Paul and Mary, John Denver, and Celtic Thunder, kept her attention long after she lost interest in other TV programs.

I put music onto an iPod that we use regularly. Sometimes she will wave her hand or bounce her legs to the beat. I did a playlist of a dozen songs that are easy to sing; singing or whistling engages her. We found that soothing music helps her relax when going to bed. I also have songs on my phone which plays into a portable speaker, which is great for our walks.

Jim shares these suggestions as activities that he has found help to keep Gail engaged. We hope you have found this story, the third of a four part series, helpful. Stay tuned for the final reflection in the next issue of Western PA Guide to Good Health.

WALKING

Walks have always been part of our relationship. As Alzheimer's disease developed, we took long and short walks – whatever Gail could do. This kept her healthy, vented pent up agitation and used time together productively.

Now that she is wheelchair-bound, I support her for as far as we can go. I push the chair around the Presbyterian SeniorCare campus, and even a few blocks in the residential area across the street. Gail enjoys the walking, as well as being pushed! Along the way she connects positively with so many Presbyterian SeniorCare team members and visitors – they are all captivated by her sparkle.

PHOTOS

As Gail's memories declined, I wrote up as many chapters as I could remember and then put photos to them. I used my cell phone to get digital versions of key photos from old albums and boxes. I inserted them into a document and this "booklet" became her "bible" and she took it everywhere.

> For more information about Presbyterian SeniorCare, visit www.SrCare.org or call (877) 851-1440.

ON THE WEB: For more information and advice for Alzheimers and senior health issues, log on to www.guidetogoodhealth.com

Is your loved one suffering from Alzheimer's disease or other dementias?

A personalized experience for those with Alzheimer's disease or other dementias.

CARE
Changing Aging Through Research and Education™

Your local Home Instead Senior Care® office can help.

Home Instead CAREGiversSM provide the highest quality of in-home care, changing the way people live with Alzheimer's or other dementias. Contact us to learn more about our person centered approach to Alzheimer's care and family caregiver education classes.

Home Instead
SENIOR CARE®
To us, it's personal.

1.866.996.1087

HomeInstead.com/greaterpittsburgh

Each Home Instead Senior Care® franchise office is independently owned and operated. © Home Instead, Inc. 2015

Alzheimer's and Massage

By Jim Stark

Research conducted at the University of Maryland Medical Center has found a number of drugs that help Alzheimer patients. The goal of the medication is to increase blood flow, reduce restlessness, depression, anxiety, agitation, and aggression, stiffness in muscles, and allow for better mobility and improve sleep patterns in patients. Depending on the medications being taken, potential interactions are always a concern.

Many people without Alzheimers have found massage helpful in providing relief from the symptoms listed above. Is it possible that massage could provide the benefits without the side effects of drugs?

One of the things working in its favor is that touch is the first sense that human beings experience. It is also the last sense to go as the senses fail. Touch is powerful, yet very calming. It can express feelings when words no longer work. But this does not mean it will work with everyone, nor in every situation. Some people just don't want to be touched. Sometimes their nerves are so sensitive their skin hurts, so you must be sensitive to their wishes and needs.

We all want control over our bodies. That does not change with Alzheimer. In fact it is often a lack of control that causes frustration. Asking permission is very important. They need to know they are in loving hands and that they still have con-

trol. Start where they can see you and see what you are doing. Ask for their hand and gently work each part of the hand.

Reflexology of the hands can have a very calming effect on the entire body since the zones of the hand can impact to various parts of the body. The thumb is very important since it can affect the spine, neck, head and brain. The body of the hand is linked to arms, shoulder, ribs and sternum. The wrist corresponds to the pelvis, hip and thigh. Specific spots on the hand can impact the heart, liver, stomach, and digestive system. So you can see that working the hands can affect the entire body.

When they feel comfortable with you, and your touch, you can ask if they would want you to work their arms. It is important to stay where they can see you. No sudden moves, no surprises, and don't massage for too long. Remember that they should control the duration; 15 minutes may be all that they can handle

If you are a caregiver you already know the stress that comes with that task. Massage can help you destress and recharge your batteries. And if you decide to provide a massage for your love one, a good massage therapist with geriatric experience will be glad to show you some techniques.



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

SIGN UP TODAY TO RECEIVE YOUR FREE MONTHLY ENEWSLETTER.

Email to goodhealthmag@aol.com your email address and we will send you our monthly enewsletter.



With **BAYADA Home Health Care...**

"It's like having more family around."

— Frances S., Client

BAYADA Home Health Care provides:

- Nursing and assistive care
- Thoroughly screened health care professionals
- Clinical support 24 hours, 7 days
- A variety of payment options

Call **412-374-1440**
www.bayada.com



"Let us welcome you home. Our wonderful, caring staff aims to provide the best home nursing and therapy in Pittsburgh."

— Cecelia, LPN
Pittsburgh, PA

OUR EXCELLENCE IS INSPIRED BY YOU

LIFE SPRING HOME HEALTH p: (412) 515-8840
f: (412) 341-0781

www.lifespringhomecare.com/pittsburgh

Largest Selection of Diabetic Shoes!

• Diabetic & Orthopedic Shoes
• Custom Orthotics
• Stair Lifts
• Power Chairs / Lift Chairs
• Scooters
• Incontinence Supplies

FREE Diabetic Socks
with any shoe purchase

\$749 Golden Buzz Around Scooter

0% FINANCING FOR 1 YEAR
with approved credit

A NAME YOU CAN TRUST AND A PRICE THAT CAN'T BE BEAT!

Top 3 Ways to Take Care of Yourself as a Caregiver

Through the Caregivers First Initiative, we work with caregivers of older adults and see many of you who are overwhelmed, burnt out, and tired, but not ready to give up yet! Often you are so busy caring for others that you forget to care for yourselves. Caregivers face a higher risk of depression, chronic disease, and even death compared to your non-caregiver peers. Don't want those things happening to you? Here are three tips to start taking care of yourself.



Recognize that you deserve it

It is not selfish to take care of your health and well-being. You are a human, and deserve all the same good things you try to give your loved ones, so treat yourself with the same care and love you give to other people. Recognize that taking care of yourself isn't just a luxury—it is necessary to keep you going, and is your right as a person.



Go back to basics

Get good sleep, exercise, eat healthy food, get regular checkups ... you're not surprised that these are on the list. We all know that we are supposed to do these things, so pick one and set aside some time to start working on it. Taking care of the basics gives you a stronger foundation for getting through the tough moments in everyday life.



Treat yourself

Whether you pick up an old hobby, call a friend, or just savor a quiet cup of coffee in the morning, do something that gives you a moment of happiness. Adding sources of joy and connection back into your life helps you reenergize and gives you something to look forward to in each day.

Remember, you can't help your loved one if you are falling apart



too. The truth is, we as a society rely on family caregivers to do 90 percent of the work of caring for older adults, and we simply can't afford to lose you! Sometimes, though, taking care of yourself can feel like one more task in your already-busy schedule. If you're having trouble fitting these three tips into your life, consider calling in reinforcements, like a care coach from the Caregivers First Initiative, to help you find ways to take care of your-

self. For once, put yourself at the top of your "to-do" list!

If you care for an older adult in Allegheny County and could use some help dealing with stress, Familylinks' Caregivers First Initiative can help with tips and resources, free of charge.



Contact us at (412) 924-0400, or read more online on our Allegheny County Caregiver Resources blog: caregiverblog.familylinks.org

Are you a caregiver?

Do you:

- Pick up groceries for your aunt
- Drive your mom to hair appointments
- Remind your husband to take his medications

If so, you're a caregiver!

If you're experiencing stress as a result of your role as a caregiver, our Caregivers First Initiative can offer tips and resources to help.

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

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

Caregivers First is generously funded by United Way of Allegheny County



familylinks
Strong For life.

When Caregiving Becomes CoDependency: 3 Tips for Recognizing the Signs

By Elaine A. Malec, PhD

Many family members providing care for a loved one report that the caregiving role is not a burden or isn't a stress. In most cases, when a family member takes on the role of caring for someone in the family that is ill, disabled or frail due to age, it is often done out of love and genuine concern. The person who needs the assistance many times is relieved and appreciative of the support. This type of relationship is meaningful and valuable for both individuals and is not considered unhealthy.



There is, however, according to the American Psychological Association, an estimated 17% of caregivers that report "a lot of strain". One cause of the significant strain from caregiving is when the relationship has become dysfunctional or codependent. There are circumstances and situations which can lead to this dysfunction and if the signs are not identified early, both the caregivers and the recipients can lose out on the precious time they have left to be together. Here are three common signs:

Sensitivity to feelings of guilt. A person who has been or who is sensitive to the feelings of guilt are more apt to become codependent in relationships with someone who needs them. Feelings of guilt are different than feelings of genuine regret or empathic sadness. A person who feels compelled to act upon feelings of guilt can often make decisions based more on "keeping the peace" than on making good choices even when it causes distress or unhappiness. None of us like to cause distress or unhappiness to those we love; but when "peace at all cost" is a common response to another person's emotional reaction, the relationship is in trouble

Not functioning at their capability. If the person who needs assistance is passively (and sometimes not so passively) resisting doing for themselves those things they can or should be doing, there is a risk that the caregiver will step in and do it because, "it's just easier". It may be something as simple as fastening their shoes because, "it will take them forever to do it" or it may be talking louder because "they just don't like to wear their hearing aids". Whatever the resistance is, when the caregiver steps in and does more, unnecessarily, the relationship starts to shift and resentment can set in. Believe it or not, in the long run it only erodes the sense of mastery for the passive recipient and leads to more problems with dependency and helplessness.

Outbursts and resentment. A very common sign that a loving and caring relationship between a caregiver and their family member has become dysfunctional is a build-up of strain and frustration over small but unhealthy changes. If angry outbursts either said out-loud or internally are happening for the caregiver about the person they are caring for, the relationship has moved into a codependent dynamic. These outbursts often lead to feelings of guilt, followed by giving in to "keep the peace" which perpetuate an unhealthy cycle. These angry outbursts are very destructive for both people and it is hard to undo words spoken in anger once a person has passed.

When caregiving turns to codependency, it is vitally important to address the problems and get the relationship back on track.

For more information on caregiving codependency go to ConnectingHeartsVirtualVisits.com.

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



HearUSA
America's Most Trusted Name in Hearing Care.

Enjoy your life even more with **better hearing!**

Experience the Highest Quality in Hearing Care:

- Free Demonstration of the Latest Technology
- Over 28 Years in Business
- Friendly Local Service by Licensed Professionals

FREE \$25 Panera Gift Card with FREE Hearing Screening

Must have hearing loss. Call for details. Offers cannot be combined. Limit one per customer per year.

Call today for your FREE Hearing Screening!

HearUSA
America's Most Trusted Name in Hearing Care.

**Bethel Park • Delmont
Monroeville • Washington**

Call Toll Free: 855.203.5918

© 2016 HearUSA, All Rights Reserved. www.hearusa.com

KEEP IN TOUCH
with **Connecting Hearts**
Virtual Visits

Connecting Hearts Virtual Visits make it possible for family members to stay connected remotely — perfect for those times when it might be difficult to visit in person.

We know that many older adults do not feel as comfortable with technology as their grown children, or even their grandchildren, do.

So, we bring the technology with us! We provide a laptop, a wireless connection, and a trained provider to set everything up and provide guidance throughout the entire process. **We make it EASY!** All your loved ones have to do is sit back, relax and enjoy a real-time visit with the people they love.

For more information or to set up a visit, CALL TODAY 412-259-0281

<http://connectingheartsseniorcare.com>

Connecting Hearts
Where care and family meet

OTHER HOME CARE SERVICES WE OFFER

- Meal Preparation
- Grooming / Dressing
- Shopping
- Light Housework
- Laundry
- Running Errands
- Making Phone Calls

PUBLISHER/EDITOR
Nancy Lammie

ACCOUNT EXECUTIVES
Brenda Confer
Barbara Levenson

DESIGN & LAYOUT
JMC Graphics
(412) 835-5796

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

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

FALL ISSUE DEADLINES:
EDITORIAL: SEPTEMBER 1
AD MATERIAL: SEPTEMBER 9

HOW TO REACH US:
ADVERTISE / SUBSCRIBE
goodhealthmag@aol.com
412-835-5796
2574 Oldfield Ave,
Pittsburgh, PA 15102

The Guide To Good Health is published quarterly (4 issues per year) by JMC Publications. The contents of this publication may not be reproduced in whole or in part. All rights reserved. 2016

Senior Guide

Staying Safe in the Sun

Summer brings the natural desire to get outside and enjoy ourselves. Whether it's an afternoon by the pool, a day at the baseball game or a simple picnic in the park, many find the best place to be on a hot summer's day all involve soaking up some sun.

And that's a good thing. The sun's rays provide us with Vitamin D, and a recent study by scientists at the University of Edinburgh found sun exposure can even lead to a lower blood pressure.

But as with many good things, we can get too much of the sun's warming rays. On a day-to-day basis, most everyone has dealt with a bad case of sunburn and the pain that brings. That goes away after a few days. It's the accumulation of too much sun over decades that may lead to skin cancer.

Of course, you can't go back in time to lather yourself with sunblock. However, that does not mean it's too late to protect yourself. Wear lightweight, loose-fitting clothing, and a hat, preferably one with a wide brim that covers the face, and be sure to use sunscreen as well.

Some medications may make a person more sensitive to the sun. So when being placed on a new medicine, it's a good idea to ask the doctor about that possibility. This may sound frightening and make you want to stay indoors, but people should not avoid outdoor activities in fear of sun overexposure and skin cancer.

It's so important to get that exercise from golf, tennis or taking a walk outdoors, especially for seniors. Senior citizens should also check themselves periodically for warning signs associated with skin cancer.



The American Cancer Society suggests people remember the phrase "Slip! Slop! Slap! And Wrap!"

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Wrap on sunglasses

If you have concerns about a neighbor or family member that may be susceptible to over exposure to the sun or dehydration, Home Instead Senior Care can help. Our CAREGivers can assist with making sure they are dressed appropriate for the sun and are kept well hydrated.

> For more information on hiring a CAREGiver, visit www.homeinstead.com or call 1-866-996-1087.

A&M HealthCare Agency, LLC
Quality Nursing From The Heart

NOW ACCEPTING CLIENTS!

Delivering medically-based CARE in the comfort of your OWN HOME.

Our Team includes:

- Home Health Aides (HHAs)
- Certified Nursing Assistants (CNAs)
- Licensed Practical Nurses (LPNs)
- Registered Nurses (RNs)

We provide assistance in:

- ✓ Activities of daily living
- ✓ Bathing
- ✓ Cooking
- ✓ Light house cleaning
- ✓ Medication maintenance/administration
- ✓ Wound care
- ✓ Diabetic Accu-checks
- ✓ IV therapy
- ✓ Transportation to/from medical appointments
- ✓ Nutritionist
- ✓ Social Worker
- ✓ Physical Therapy

A&M Healthcare Agency, LLC • (412) 793-3705
am-hcagency.org • email: amoon@am-hcagency.org

Wellness is Prevention.
Employer Wellness Programs

Pathways To smartcare

- Independent Medicare Review
- Fresh Fruit Delivery Every Monday
- Online Nutrition & Fitness Tracker
- Incentive Program Design
- Onsite Cooking Demonstrations
- Health & Nutrition Coaching
- Biometric & Fitness Screenings

Your Partner in Wellness.
PathwaysWellnessProgram.com
Ph: 412-563-8800
Pittsburgh, PA 15220

AMERICAN HEALTHCARE Group, LLC
We are a division of American HealthCare Group

Senior LIFE Offers Good Solution to Coming Changes in Medicaid

If you are a Medicaid recipient or may be in the future, you should know about the changes coming in Pennsylvania's Medicaid Healthcare Plan. The Commonwealth is implementing a new plan called Community HealthChoices. Enrollment in the plan for South-west Pennsylvania will begin next year.

The purpose of the new plan is to provide opportunities for adults to receive the services they need to be able to remain living in their home and avoid institutional care. Under Community HealthChoices, adults on Medicaid must select either, the local LIFE Program (if eligible) OR a state-approved managed care organization (MCO) to coordinate their physical health care and long-term services and supports (LTSS).

Senior LIFE is the local LIFE Program in Washington, Fayette, Greene, Westmoreland, Cambria, Indiana, Blair and Somerset Counties. To reach Senior LIFE, call 1-800-877-998-LIFE (5433) or visit them online at SeniorLifePA.com.

The Community HealthChoices



Program will be mandatory for Medicaid recipients who are;

- Adults 21 and older;
- Persons with physical disabilities
- Persons who are dually eligible for Medicare and Medicaid

Current Programs Being Replaced

The following programs will be replaced by Community HealthChoices. Pennsylvanians in these programs will be required to choose a LIFE Program (if eligible) or a managed care organization for their healthcare services.



- Aging Waiver
- Attendant Care Waiver
- CommCare Waiver
- Independence Waiver

The LIFE Program is a Medicare and Medicaid approved long-term care program that provides complete medical care and supportive services for persons 55 years and older so that they can remain living in their home. It is an alternative to nursing and personal care homes. There are no costs for any LIFE Program services for Medicaid eligible persons. Senior LIFE's services are customized to meet the specific needs of each individual and

include physicians and specialists, nursing care, physical, occupational and speech therapies, personal and home care, medications, meals and nutritional counseling, eye, dental and foot care, durable medical equipment and other medically necessary services. Transportation is also included from the member's home to the LIFE Center and all medical appointments.

"We have been providing exceptional services and quality care for Senior LIFE members for many years," says Natalie Martin, Executive Director of Senior LIFE in Uniontown.

"We work directly with each person and their family to develop a plan of care that meets their individual needs. Our members are our neighbors, and they're like family to us. We grew up around here and we live in this community. They know us, and they know that we will take good care of them."



For more information on Senior LIFE call 1-(877) 998-LIFE (5433) or visit us online at SeniorLifePA.com.



Pick the Proven Medicaid Plan.

"I chose Senior LIFE."

When I first heard that I had to choose a new Medicaid plan, I wasn't sure how it would affect me. So, my family and I looked at all the available health plan options. It didn't take long to realize that Senior LIFE was the right choice for me. With Senior LIFE I have access to a team of highly-skilled doctors, healthcare professionals, medications and a lot more. And, Senior LIFE is right here in my neighborhood. They care about me. I picked Senior LIFE to provide all my Medicare and Medicaid Services. Shouldn't you?

There are NO costs for Senior LIFE Services for those who qualify. To learn more about Senior LIFE, call 1-877-998-LIFE (5433).

LIFE enrollment starts now. Choose Senior LIFE.



WASHINGTON • GREENE
GREENSBURG • UNIONTOWN

CLOSE & PERSONAL • www.SeniorLifePA.com • 1-877-998-LIFE (5433)

Senior Services



From Jewish Family & Children's Service; A partner in AgeWell Pittsburgh

Helping our community's older adults maintain their independence! Services include:

- Information & referral
- Care coordination
- PA-licensed caregivers
- AgeWell Rides senior transportation program
- Assessments/care plans
- Family consultations
- Counseling & support and more!

Call 412-422-0400 or visit www.jfcsppgh.org



What to Think About When Choosing Palliative Care and Hospice

By **Debbie Kaylor**

Bringing up the word “Hospice” can often times be a big challenge as it often has negative connotations. The opposite, however is true. Hospice is a philosophy of care which enables patients and families to make positive choices concerning physical, emotional, and spiritual care during life’s final stages. Choosing hospice care for your loved one can be a difficult decision during a stressful time. Here are some things you will want to consider:

Caring Decisions. Before hospice is needed or when deciding to use hospice services, it is important to talk to someone about your wishes and options. Life is all about choices. Choices made in the final stages of life should be made by the patient and family and should encompass everything they want or expect to meet the goals specific to them as everyone has different expectations.

Community Reputation. It is important to choose an agency with a long-standing reputation in the community and is based in your



local area. Hospice nurses are members of the community, your neighbors, and when you need assistance, it is important to have someone close by.

Palliative Care. It is beneficial to choose an agency with palliative care so when the time comes for hospice, the same nurses patients have come to know and love, can continue to see the patient. It is also beneficial to choose an agency where the staff have advanced education or certifications in palliative, oncology, and hospice care. Find out what the hospice does that is above and beyond what is required.

Medical Director. When you are looking for a hospice, ask about the clinical experience of the medical director. Choose an agency with a medical director who has a back-

ground in or is certified in cancer care, hospice, and/or palliative care.

Inpatient Hospice Unit: Occasionally patients experience distressing symptoms and require care that can best be given around the clock on a short term basis. Choosing a hospice with an inpatient unit allows for a seamless transition between levels of care with great continuity.

Interview Prospective Hospices. Call and interview prospective hospices to see if they would be a good fit for you or your loved one. You should feel comfortable when talking with the agency representative, and they should be helpful and answer your questions to your understanding.

Deciding upon which hospice provides care to you or a loved one is your choice. Ask questions — the answers can make a big difference in the care and support you and your loved one receive.



Debbie Kaylor is Director, Customer Relations at **Lutheran SeniorLife VNA, Western Pennsylvania**. If you need any assistance with this process you can contact **Lutheran SeniorLife VNA Hospice** at (724) 282-6806.

We All Feel Better at Home

Apartment, house, assisted living or nursing home—when we’re not well, we want the people, surroundings and routines we know.

VITAS ensures that patients near the end of life are home, in comfort and dignity, with a professional hospice team to oversee their care. If symptoms become acute, a continuous care team is at the bedside up to 24 hours a day, avoiding frightening trips to the ER. And that makes the family feel better, too.

VITAS brings hospice home.

VITAS[®]
Healthcare

800.723.3233
VITAS.com  



Self Esteem and the Elderly: Finding Support with Your Peers

by *Caitlin Bartley, MS, and
Chaplain Sr. Janice Blados, MA*

One significant need of the elderly is to find meaning and purpose in life. In today's society, individuals are valued for what they do. If an elderly individual begin to decline, daily life and sense of purpose change dramatically.

The questions of "Who am I?" and "To whom do I matter?" become a constant struggle. For the elderly especially, this struggle often turns to thoughts of "I'm good for nothing." Fostering and developing a positive attitude is one way to build self-esteem. Life becomes happier and more worthwhile when self-esteem is established. Quality of life is improved and self-value increases.

Having identified the need to foster self-esteem among our participants, a self-esteem support group was formed at the Adult Day Health Center. The project involved two peer support groups that met twice monthly over a four-month period. Each group lasted one hour and contained 7-11 participants. The groups reflected various religions, genders, ages, medical diagnoses, education levels, and ethnicities. Certified Master-level therapists



facilitated the groups. Each participant was provided with folders, journals and worksheets. Each session included individual worksheets as well as group exercises. Topics included Being Inspired toward Change; Core Emotions; Self-Disclosure; Finding Self-Esteem; and Boosters and Busters. At the completion of the groups, participants were given the materials to continue to work on self-improvement.

The members of the groups individually completed a Self-Esteem Scale at the initial session and upon the final group meeting. The first group of participants showed increased scores in all but one individual. Overall, most had improved significantly. The second group had equal success with most members



improving. The Adult Day Health Center's Primary Care Physician observed that some participants reported improvements in which they made to better themselves both physically (e.g. walking) and mentally (e.g. journaling). Other interdisciplinary team members also saw positive results following the group meetings (e.g. decreased anger, improved mood, more engaged in self-care).

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

with others who have had similar experiences. One participant reflected, "The group brought me together with people that I normally would not have spoken or associated with at the center. In sharing, I saw that other people's problems were like mine and I saw that I am not the only one. It helped me open up to others. I felt like I was helping someone." When asked what advice would be given to someone thinking about joining a similar group in the future, one participant stated, "Sit and listen, you can just listen and eventually you get involved and open up."

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

> **Caitlin Bartley, MS**, is a Certified Therapeutic Recreation Specialist at **LIFE Pittsburgh**. LIFE Pittsburgh is an all-inclusive program that helps individuals remain safely in their own home. For more information on LIFE Pittsburgh, call **(412) 388-8050**.

Draft LIFE Pittsburgh to Your Team

Imagine having a doctor, nurse, therapists, social worker, and dietician working together so you can continue to live in your home. Call LIFE Pittsburgh today to protect your independence. **Go team!**



Those with the greatest need, need LIFE Pittsburgh. Call us today.

412-388-8050

The Greenery Center, Rooted in a History of Excellence, Takes a New Direction

By Nancy Kennedy

The summer of 2016 is an exciting time at The Greenery, the well-known skilled nursing facility that has been providing excellence in long term care, complex care and rehabilitation for residents of Canonsburg and the tri-state region for over 30 years. New owners, renovation of the physical facilities, new programs and advanced technology are ushering in a new era, says Brian McPeake, director of admissions and marketing and a ten-year employee.

"We have a new name, The Greenery Center for Rehabilitation and Nursing, that reflects the transformation that has begun here," he says. "We have a new focus; in the past, we were best known as a specialty center for persons with head trauma and then as a nursing home, with an emphasis on pulmonary disease. With this transformation, we will become a 140-bed, state-of-the-art, skilled nursing facility with 60 long term care beds and 80 pul-

monary and rehab beds; we are adding extensive space for large, fully-equipped rehabilitative therapy gyms. We offer short term rehabilitation to home, long term care, palliative care and respite care admissions. Our goal is to be the best skilled nursing facility in the region."

The Greenery Center's clinical services include skilled nursing, physical therapy, occupational therapy, and speech therapy plus diabetes management, pulmonary rehabilitation, tracheostomy care, non-invasive ventilation, specialized wound care, peritoneal dialysis and IV therapy. The most advanced clinical capabilities, including piped-in oxygen, suction and air pressure give The Greenery staff the latest tools to provide the highest quality care to patients with high flow oxygen needs.

The Greenery's most progressive new offering is a partnership with Telemedicine Services, which utilizes Skype-like technology to electronically bring an expert physician to the patient bedside within min-



New owners, renovation of the physical facilities, new programs and advanced technology are ushering in a new era.



utes, during the evening and night hours and on weekends. The system is comprised of a special laptop computer, camera and diagnostic tools that enable a physician to see the patient, speak directly with the patient and actually listen to the patient's chest or abdomen via a spe-

cial stethoscope.

"The physician responds to our call within 60 seconds," explains McPeake. "He or she can assess heart and lung sounds and communicate directly with the nurses while both are looking at the patient. They

(Continued on following page)



Planted in your community. Rooted in excellence.

The Greenery Center for Rehab and Nursing has served Canonsburg and surrounding communities since its establishment in 1985. We are conveniently located off of interstate 79 next to Canonsburg General Hospital. Our 140 bed center offers short term rehabilitation, long term care, palliative care and respite stays.

We offer skilled PT / OT / ST services 7 days per week, diabetes management, pulmonary rehabilitation, tracheostomy care, non-invasive ventilation (BiPap and CPap), certified wound care clinicians, peritoneal dialysis and IV therapies. We also offer piped in oxygen and wall suctioning to accommodate patients with high flow oxygen needs.

We are proud to introduce **Telemedicine Services** to support the clinical needs of our patients after hours and on the weekend. With this partnership, **The Greenery** can now deliver examination and treatment by an expert physician at the patient's bedside through the use of telemedicine technology. Our nurses can identify changes in condition and call for physician assistance, allowing you to rest assured that the patients' needs are being met and eliminating the need for transport to the hospital.

Our mission is to create a home where patients, employees and community form relationships that honor individuality, personal choice, integrity and service to each other.



GREENERY CENTER
FOR REHAB AND NURSING

The Greenery Center for Rehab and Nursing

2200 Hill Church – Houston Road
Canonsburg, PA 15317
PHONE: 724-745-8000
FAX: 724-745-4347



(Continued from previous page.)

can zoom in for a closer look. The system enables the staff to deal with problems in the earliest stages, preventing the development of complications and problems and thereby reducing the risk of hospital readmission, which is a trauma for the patient and family. The nurses love the system, and it's a tremendous asset for the attending physicians. It's a relief to them, to know that their patients are being literally seen and immediately managed by a highly qualified colleague after regular hours. The clinical management via the telemedicine technology matches our high standards."

Respite care admissions are another new feature at The Greenery Center that are enabling families to take a much-needed break from the constant responsibilities of caregiving. Respite admissions of five days allow caregivers to take care of their own needs, rest and get re-energized. By providing a safe alternative to home, respite programs help prevent caregiver burnout. According to McPeake, referrals for respite care come directly from families as well as from hospitals and hospice providers, including Amedysis Home Health and Hospice, Family Hospice and Three Rivers Hospice.

"At the Greenery Center, we want the community to know that we offer exceptional care in an exceptional environment. All of our patients receive highly skilled, personal care, in general rehabilitation and long term care, from a staff of health care professionals and support staff who are eager to serve them and meet their individual needs."

Mendel Brecher and Ernest Schlesinger, the new owners and operators of The Greenery Center, have not only upgraded and restructured the clinical programs. They have undertaken a comprehensive renovation program that is renewing and expanding the facility, inside and out. With a new roof, new landscaping, a sparkling new interior design and upgraded amenities, The Greenery Center is growing, becoming a healing environment that offers beauty, homelike comfort, safety and serenity. The Greenery Center is located right next door to Canonsburg Hospital, which is part of the Allegheny Health Network.

> For more information, you can reach **The Greenery Center for Rehab and Nursing** at **(724) 745-8000**.

We offer short term rehabilitation to home, long term care, palliative care and respite care admissions. Our goal is to be the best skilled nursing facility in the region."

-Brian McPeake

HOME CARE/HOSPICE DIRECTORY

A&M HEALTHCARE AGENCY, LLC

412-793-3705 • am-hcagency.org

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

BAYADA HOME HEALTH CARE

412-374-1440 • www.bayada.com

Nursing and assistive care.
Clinical support 24 hours/7 days

CONNECTING HEARTS SENIOR CARE

412-259-0281

www.Connectingheartsseniorcare.com

In addition to home care services, we also provide "virtual visits" which connects seniors with their families in real time. To learn more about our home care services or Home Care Virtual Visits Living Lasting Memoirs, call (412) 259-0281.

HOME INSTEAD SENIOR CARE

1-866-996-1087

homeinstead.com/greaterpittsburgh

Home Instead Senior Care supports seniors' independence & comfort at home or in a facility where assistance is needed for a few hours weekly or up to 24/7. A screened, trained, supervised & insured CAREGiver will be matched to the senior for personalized attention to detail of the seniors' needs.

HOSPICE AND PALLIATIVE MEDICINE OF THE WASHINGTON HEALTH SYSTEM

(724) 223-3548 • whs.org

JEWISH FAMILY & CHILDREN'S SERVICE OF PITTSBURGH (JF&CS)

412-422-7200 • www.jfcsphg.org

Through our Pennsylvania-licensed Home Care Registry, the Caregiver Connection, JF&CS provides fully-screened, trained and experienced caregivers for short- or long-term engagements, with 24/7 back-up coverage as needed, easing the difficulties brought on by advanced age, recuperation after an illness or surgery or the challenges of managing special needs.

LIFE PITTSBURGH - Living Independence For The Elderly

412-388-8050 • www.LIFEPittsburgh.org

All inclusive Health Plan providing medical care and home care at no cost to qualified older adults who wish to remain independent in their own homes.

LIFESPRING HOME HEALTH

412-515-8840

www.lifespringhomecare.com/pittsburgh Additionally, the services we offer are not provided exclusively to seniors. Whether you're disabled, an injured athlete, or anyone recovering from an operation or illness, LifeSpring pledges to compassionately care and support those individuals in the comfort of their own homes.

PRESBYTERIAN SENIORCARE AT HOME

Oakmont: 412-828-6686

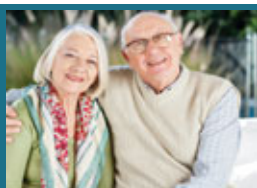
Washington: 724-884-1300

www.SrCareatHome.org

VITAS HEALTHCARE

800-723-3233 • www.VITAS.com

SENIOR RESOURCES



Visit www.guidetogoodhealth.com for more resources

HOSPICE & PALLIATIVE CARE

HOSPICE CARE OF THE WASHINGTON HOSPITAL

724-250-4500 • www.washingtonhospital.org

VITAS HEALTHCARE

800-723-3233 • VITAS.com

CAREGIVER RESOURCES

FAMILY LINKS

412-924-0400 • caregiverblog.familylinks.org
www.familylinks.org
Free programs for caregivers.

MEDICARE

MEDICARE SPECIALISTS OF PITTSBURGH

412-343-0344 • www.medipgh.com

PILATES

THE PILATES BODY

724-941-2411 • www.thepilatesbody.org
Small classes and introductory packages available for seniors.

REHABILITATION

JEFFERSON HILLS MANOR

(412) 653-1128

www.guardianeldercare.com

For more than half a century, Jefferson Hills Manor has been serving residents in the South Hills of Pittsburgh. Our newly remodeled rehabilitation gym features physical, occupational, and speech therapies. A private entrance also allows for outpatient services. We invite you to tour the building in anticipation of a loved one's stay or before surgery.

PRESBYTERIAN SENIORCARE

MyLife Rehabilitation Services

Oakmont: 1-877-740-2179

Washington: 724-566-5132

www.SrCare.org

SENIOR LIVING OPTIONS

ELDERLY HOUSING DEVELOPMENT & OPERATIONS CORPORATION

Affordable Housing for Seniors

Rent based on income. See ad on page 0 for apartment listings.

LOCUST GROVE PERSONAL CARE & MEMORY CARE

412-461-7210

www.LocustGroveSrLiving.com

Respite Care also available

PRESBYTERIAN SENIORCARE

877-851-1440 • www.SrCare.org

Oakmont: 1-877-740-2179

Washington: 724-566-5132

Independent Living, Personal Care, Skilled Nursing, Rehabilitation, Memory Care, Adult Day Programs, Home Care

SENIOR SERVICES

JEWISH FAMILY & CHILDREN'S SERVICES

412-422-0400 • www.jfcsphg.org

EMMAUS COMMUNITY OF PITTSBURGH

412-381-0277 • www.EmmausPgh.org

LIFE PITTSBURGH - Living Independence For The Elderly

412-388-8050 • www.LIFEPittsburgh.org

SENIORLIFE

1-877-998-LIFE (5433)

www.SeniorLifePA.com

SKILLED NURSING AND REHABILITATION

JEFFERSON HILLS MANOR

(412) 653-1128

www.guardianeldercare.com

For more than half a century, Jefferson Hills Manor has been serving residents in the South Hills of Pittsburgh. Our 83 bed facility cares for patients at both skilled rehabilitation and long-term care levels. Respite Care also available. We invite you to tour the building in anticipation of a loved one's stay.

THE GREENERY CENTER FOR REHAB AND NURSING

724-745-8000

www.greenerysccc.com

Our mission is to create a home where patients, employees and community form relationships that honor individuality, personal choice, integrity and service to each other.

Bridge to Hope: A Bright Light for the Forgotten Families of Addiction

By Nancy Kennedy

PITTSBURGH IS KNOWN FOR ITS BRIDGES. NEARLY 500 OF THEM SPAN THE RIVERS AND VALLEYS THAT INTERSECT OUR REGION, MAKING CONNECTIONS AND ENABLING JOURNEYS THAT WOULD OTHERWISE BE IMPOSSIBLE. SOME OF OUR BRIDGES ARE BELOVED, MANY ARE WELL KNOWN, AND SOME OF THEM ARE INVISIBLE. THOSE ARE THE BRIDGES THAT CONNECT PEOPLE TO EACH OTHER.

One such invisible bridge is Bridge to Hope (B2H), a support group for families that have been impacted by the addiction of a loved one. Addiction is epidemic in America, with terrible and often tragic consequences, not only for the person who is addicted, but for the entire family and society. B2H offers support, education and recovery skills for family members.

"Families are often forgotten in all the media coverage of addiction, but the negative impact on the family is tremendous," says Dennis C. Daley, Ph.D., Senior Clinical Director, Substance Use Services, UPMC Health Plan, and Professor of Psychiatry, University of Pittsburgh School of Medicine. "Recently, there has been a lot of attention given to the opioid crisis, but the focus is on the drugs used, the prescription practices of physicians, and the impact on the addicted person, with little focus on the family. We have to change this, and raise awareness of the impact of addiction on the family. Addiction creates havoc for families, with higher rates of divorce, family discord, child abuse or neglect and school related problems."

Dr. Daley was a speaker for two recent Bridge to Hope events for families: an Overdose Prevention Class, offering training in the use of Narcan, the opioid reversal drug, where he talked about "self-care" for families; and the organization's 11th annual Vigil of Hope, a remembrance ceremony for family and friends to honor those who have lost their lives to addiction and a celebration of those in recovery, where he spoke about forgiveness and recovery for family members. Dr. Daley has a depth of experience as a clinician, educator and researcher and is the author of numerous



"Parents and families need hope not only for their loved one who is addicted, but also for themselves.

B2H provides support that a professional counselor may not be able to give you, and they can validate the things you are feeling and experiencing.

They are just a phone call away."

-Dennis C. Daley, Ph.D.,

journal articles, recovery guides and books about addiction, recovery and loss, including A Family Guide to Addiction and Recovery. Knowledgeable and compassionate, he is a leading regional expert on addiction and recovery and has gained national recognition as an author, speaker and teacher. He serves as a resource to the B2H support group.

"A mutual support group like B2H is extraordinarily helpful – you cannot put a value on it or even describe the impact it may have on a family member," he says. "I've attended many meetings and heard stories of heartache and heartbreak, but also of resilience and recovery. Families help each other. It gives families hope, educates them, provides a support system and offers them a chance to focus on their own recovery needs. Parents and families need hope not only for their loved one who is addicted, but also for themselves. B2H provides support that a professional counselor may not be able to give you, and they can validate the things you are feeling and experiencing. They are just a phone call away."

Dr. Daley is especially concerned about the impact of parental addiction on children. "These children are often forgotten, and they have a need to understand addiction, share their experiences and get support from adults. They simply are not getting the attention they need, and that they would normally get if so much energy was not going to the parent with the addiction. Often these children live on the sidelines – unseen, unacknowledged – until they themselves develop problems. Research shows that children in a family affected by addiction are at higher risk for depression, anxiety, other mental health problems, substance use and academic problems."

Despite the tremendous adverse effects of addiction on families, there is always hope – that is the primary message of Bridge to Hope, and the core of Dr. Daley's message as well. "When I speak to families, I focus on resilience, hope and positivity. There are mutual support and professional resources available. Families deserve and need these resources, and Bridge to Hope is one wonderful resource. The program is second to none."

Bridge to Hope and an associated program, Beyond Bridge to Hope – a monthly bereavement support group for adults who have lost loved ones to addiction – are both outreach programs of Passavant Hospital Foundation. The groups were created by parents who experienced the multiple losses involved in addiction and sought to help themselves and others.



THE BRIDGE TO HOPE™

"There's no place like hope." - A weekly meeting of families affected by substance abuse



For more information, visit www.bridge2hope.org or call (412) 748-5120.



REMEMBER
to sign up
for your **FREE**
subscription

Western Pennsylvania
Guide to Good Health

To receive your own copy direct mail, complete the following and mail to **Western Pennsylvania Guide To Good Health**
2574 Oldfield Avenue, Pittsburgh, PA 15102.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Where you picked up copy: _____

Your age: 18-25 26-40 41-55 56-70 71 and over

LISTEN TO YOUR EARS. They might be telling you something.

HEARING HEALTH

If you're experiencing hearing loss, you need to pay attention to your whole health. The more we learn about hearing loss, the more we discover that it frequently co-exists with other health conditions. So pay attention to your entire wellbeing. Here are some things you'll want to know.

Heart and Cardiovascular Disease

A growing body of research shows that a person's hearing and cardiovascular health frequently correspond. It's a good idea for people with cardiovascular disease to get their hearing checked, and for people with hearing loss to pay close attention to their cardiovascular health.

Diabetes

Hearing loss is about twice as common in adults with diabetes. If you have diabetes, be sure to get your hearing checked as part of your routine care.

Cognitive function, dementia, and Alzheimer's disease

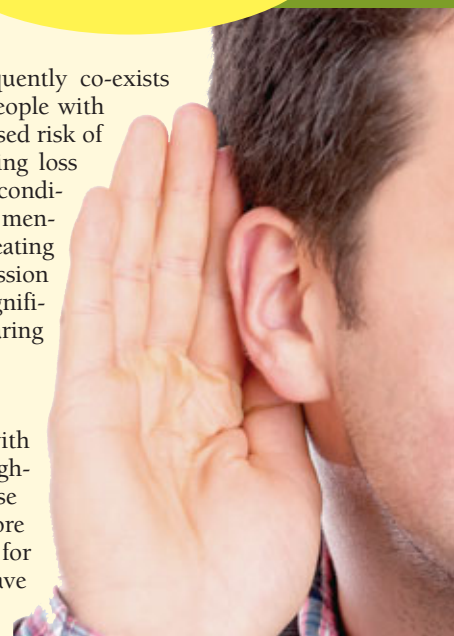
Studies show that older people with hearing loss are more likely to develop dementia over time than those who retain their hearing. Research also shows that hearing loss among older adults appears to be associated with a faster rate of cognitive decline than in people without hearing loss. So what's the take away? Get your hearing tested and address any hearing loss.

Depression and Anxiety

Research shows that hearing loss frequently co-exists with depression and/or anxiety. In fact, people with untreated hearing loss may be at an increased risk of depression. When left unaddressed, hearing loss can lead to isolation and other emotional conditions that can affect both quality of life and mental health. But we also know that by treating hearing loss, the risk of associated depression and other mental health issues lessens significantly. So go ahead. Be happy. Get your hearing tested.

Chronic kidney disease

Some research has shown that people with moderate chronic kidney disease have a higher prevalence of hearing loss than those without the disease. While we await more research in this area, it may make sense for people with chronic kidney disease to have their hearing checked as part of their routine care.



> Call **HearUSA** Toll-Free at **(855) 203-5918** to schedule your FREE hearing screening in one of our locations in Bethel Park, Delmont, Monroeville, or Washington. For more information, visit **HearUSA.com**.

A Rock Event to Benefit Our Clubhouse
Featuring Lou Gramm
STAGE AE **OCTOBER 26, 2016**

We are all in this together.

docsthatrock.org • 855-4 Doc Rock (855-436-2762) • info@docsthatrock.org

Arthritis EXPO

September 24, 2016
Cranberry Township
Free registration and lunch!
ArthritisExpo.Kintera.org/
Pittsburgh
412-250-3348

Presented by UPMC

A Celebration of Recovery!

PITTSBURGH RECOVERY WALK!

Celebrating Roads to Recovery
Saturday, Sept. 10, 2016
pghrecoverywalk.org

Mark Your Calendar

FREE TO THE PUBLIC!

BRIDGE TO WELLNESS EXPO American Diabetes Association.

We invite you to join the American Diabetes Association in supporting health and wellness in our community!

- Health Screenings
- Panel of Experts
- Family Activities
- Cooking Demos
- Health Coaches
- Fitness Demos

Saturday, November 5, 2016
9:00 AM - 3:00 PM
David L. Lawrence Convention Center, Halls D&E
www.diabetes.org/bridgetowellness

Please contact Julie Heverly by phone at (412)824-1181 x 4605 or e-mail at jheverly@diabetes.org if you would like to become an exhibitor. Space is limited so be sure to reserve your spot today!

GIANT EAGLE Pharmacy UPMC **Cigna** **HIGHMARK**

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.



To be included in this Directory, email goodhealthmag@aol.com

ACUTE REHAB

Ohio Valley Hospital's Acute Rehabilitation Unit
412-777-6770
www.ohiovalleyhospital.org

ADDICTION & RECOVERY

Bridge to Hope
412-748-5120
www.bridge2hope.org
Outreach program of Passavant Hospital Foundation created by parents who experienced the multiple losses involved in addiction and sought to help themselves and others.

BREAST CARE

St. Clair Hospital Breast Care Center
412-942-3177 • www.stclair.org

CAREGIVER RESOURCES

FAMILY LINKS
412-924-0400
caregiverblog.familylinks.org
www.familylinks.org
Free programs for caregivers.

DIABETES CARE

Type I Diabetes Study
412-692-7241
www.diabetestrialnet.org
Enrolling adults and children.

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

St. Clair Hospital Diabetes Center
412-942-2151 • www.stclair.org

Washington Health System Diabetes Education & Management
724-250-6262 • whs.org

EAR, NOSE & THROAT

Washington Ear, Nose & Throat
724-209-1028
www.washingtonENT.net

EYE CARE/

REHABILITATION SERVICES

Blind & Vision Rehabilitation Services of Pittsburgh
412-368-4400 x 2231
www.bvrsppittsburgh.org
Helping people who are blind, vision impaired or have other disabilities achieve their goals.

HEALTH, WELLNESS AND FITNESS CENTERS

The Community & Recreation Center at Boyce Mayview Park
412-221-1099
www.twpusc.org/crc/cre-home
3 Month and Annual Memberships Available.

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

HEALTH CLINICS FOR UNINSURED

www.guidetogoodhealth.com
Log on to our website for listing of free and low cost clinics for the uninsured and underinsured

HEARING

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

Washington Ear, Nose & Throat
724-225-8995
www.washingtonent.net

HOSPITALS

Advanced Surgical Hospital
www.ashospital.net

Ohio Valley Hospital
412-777-6161
www.ohiovalleyhospital.org

St. Clair Hospital
412-942-4000 • www.stclair.org

The Washington Hospital
724-225-7000
www.washingtonhospital.org

IMAGING

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

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

INSURANCE/MEDICARE

Medicare Specialists of Pittsburgh
412-343-0344 • www.medipgh.com
Medicare made easy

MASSAGE THERAPY

Beaufusion Massage, LLC
James Stark
(724) 255-6610 • www.beaufusion.com

Massage by Grace
226 East McMurray Road
(near Peters Twp. High School)
724-941-4097
Professional Certified Massage Therapist

MEDICAL STUDIES

Peak Research, LLC
PEAK Research is seeking participants for upcoming studies in the area of dermatology, primary medicine, women's health and vaccines. A full list of current studies can be found at www.peak-research.com. For more information or questions about being a participant call (412) 595-7681.

MEDICATION MANAGEMENT

AccuPac
412-586-5410 or (800) 727-3583

MEDICAL SUPPLIES

Eagle Medical Equipment
724-218-1051
www.eaglemedicalequipmentpa.com
Now offer Post-Mastectomy Products. Ostomy Supplies and Wound Care Products Also Available.

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

MENTAL HEALTH & WELLNESS

Ohio Valley Hospital Outpatient Psychiatric Clinic
OVH Kennedy Twp Outpatient Center
412-458-1331
www.ohiovalleyhospital.org

ORTHOPEDICS

Advanced Orthopaedics & Rehabilitation
1-800-828-CAST (2278)
www.advancedorthopaedics.net

PAIN MANAGEMENT

Ohio Valley Pain Treatment Center
412-777-6400
www.ohiovalleyhospital.org

PHYSICIANS

Washington Physician Hospital Organization Provider Network
whs.org (see pages 22-23)

UPMC Esophageal and Lung Surgery Institute
412-647-7555
UPMC.com/ELSI

PRIMARY CARE

Primary Care Lakeside
1001 Waterdam Plaza Dr.
McMurray, PA 15317
724-969-1001 • whslakeside.org

PSYCHIATRIC SERVICE

Ohio Valley Hospital Outpatient Psychiatric Clinic
OVH Kennedy Twp Outpatient Center
412-458-1331
www.ohiovalleyhospital.org
New outpatient psychiatric clinic.

REHABILITATION/PHYSICAL THERAPY

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

Ohio Valley Hospital's The Balance Center
412-777-623
www.ohiovalleyhospital.org

UPMC Centers for Rehab Services
1-888-723-4CRS (4277)
UPMC.com/4CRS

RESIDENTIAL HOMES & SERVICES FOR DISABLED
Emmaus Community of Pittsburgh
412-381-0277 • www.EmmausPgh.org

SENIOR HOUSING

Elderly Housing Development & Operations Corporation
Affordable Housing for Seniors
Rent based on income. See ad on page 0 for apartment listings.

SPA SERVICES

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

CHILDREN, SPECIAL NEEDS

Children's Home & Lemieux Family Center
412-441-4884
www.childrenshomepgh.org

The Early Learning Institute
412-922-8322 • www.telipa.org
Early Intervention Services for children with developmental delays. Outpatient Occupational and Speech Therapy also available.

Jewish Family & Children's Service of Pittsburgh
412-422-7200 • www.jfcsppgh.org

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

Western Pennsylvania School for Blind Children
1-800-444-1897 • www.wpsbc.org

Adaptive Swimming Lessons - Special Needs

Wilfred R. Cameron Wellness Center
724-250-5242
cstache@whs.org

Day Care - Special Needs

Child's Way The Children's Home
412-441-4884
www.childrenshomepgh.org
If your child does not qualify for a typical day care because of ongoing medical needs, Child's Way may be the answer.

Vision Screenings, Children Blind & Vision Rehabilitation Services of Pittsburgh

412-368-4400
www.bvrsppittsburgh.org
Free vision screenings for children 1 year - 6 years. (Call us to schedule a screening at your child's daycare center or preschool)

TANNING - ALL NATURAL

Bella Bronze Airbrush Tanning
412-455-0525
Pure botanicals and antioxidants
Facebook.com/bellabronzeairbrushtanning

VEIN CARE

The Vein Care Center
412-942-8400
Located at the St. Clair Hospital Outpatient Center, Peters Twp.

WOMEN'S HEALTH

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

WOUND CARE

Ohio Valley Hospital's The Wound Care Center
412-250-2600
www.ohiovalleyhospital.org

Washington Health System Wound & Skin Healing Center
724-222-5635 • www.whsdocs.org

YOGA & PILATES

Live Well Yoga & Pilates At the Wilfred R. Cameron Wellness Center
724-225-WELL (9355)
www.wrcameronwellness.org
www.facebook.com/CameronWellness

The Pilates Body
724-941-2411 www.thepilatesbody.org
Pilates, Spinning, TRX, Yoga
Private lessons, small classes and introductory packages available

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

Good Health Directory



NovaCare
REHABILITATION
a Select Medical company

159 Waterdam Road, Suite 120
McMurray, PA 15317
Tel: 724-942-1511 • Fax: 724-942-1513

*Specializing In Treatment
For The
Incontinent Patients*

NovaCare Rehabilitation offers a wide variety of programs and services.

Judith Post, MPT, COMT
Physical Therapist • Center Manager






Beau Fusion
Massage, LLC.

*Reducing Pain & Tension – Increasing Mobility through
Therapeutic Medical Massage & Manual Lymphatic Drainage*

724-255-6610 • 339 E. Beau Street, Washington, PA 15301
email: beaufusion.massage@gmail.com • www.beaufusion.com

James Stark LMT
License msg007371PA
National provider
#1487063038225



FREE Hearing Screening
Call for details.

**Call Toll Free:
855.236.8315**

Monroeville • Delmont • Washington • Bethel Park

THE ORGANIZER OF THE HOLISTIC WOMEN'S WELLNESS GROUP IN PITTSBURGH

**Holistic Approach
4 Life**

*Providing women
with holistic healing options
when dealing with Stress,
Pain, Infertility, and
Cancer.*



Kelly Haywiser
Certified Integrative Nutrition/Wellness Coach
Certified Fertility Massage Specialist
Trained in Oncology/Mastectomy Massage

850 Boyce Road, Suite 10 • Bridgeville, PA 15017 • 412-221-0700
Visit www.holisticapproach4life.com for a FREE initial consultation

Healthy Home Living



J. Metz Masonry

412-539-5792
Jmetz98@gmail.com

- BRICK
- BLOCK
- STONE
- CONCRETE
- & MORE!

Services

You Need a Web Site.
I Can Help.

10+ years of health care Web experience including the UPMC & Philips Respironics Web site designs.

▶ www.keithtrag.com ▶ keithtrag@gmail.com

**EXPERIENCED, TRUSTWORTHY HOME or OFFICE
CLEANING PROFESSIONAL**



Whether you want weekly, bi-weekly or just a one-time cleaning, I'll design your cleaning or maid service around your needs.
– References available –

Call Diane at (412) 426-0841

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



2016 can be the year YOU and your DOG finally jump into training!

**Barb Levenson
Dog Training Centers**

...classes are forming NOW!

Our huge facility is located in the lovely cottage community of Oakmont, PA.
140 Pennsylvania Ave., Pittsburgh 15139

OFFERING:

- Puppy Kindergarten
- Basic Pet Training
- Canine Good Citizenship (CGC)
- Advanced Obedience
- Agility

Learn Positive Reinforcement solutions for:

- Puppy mouthing and biting
- Housetraining problems
- Chewing
- Not coming when called
- Pulling on the leash
- Inappropriate barking



To learn more, go to: www.BarbLevensonDogTraining.com • 412.795.9642 • email: info@BarbLevensonDogTraining.com



THE REGION'S LEADING **H**OSPITAL IN PATIENT SAFETY.

Awarded the only 'A' Grade four years in a row.

AAAAA



ST. CLAIR ACCEPTS ALL
MAJOR INSURANCES

The Leapfrog Group, a national, independent, hospital-safety watchdog, has once again awarded St. Clair an 'A' grade in its Hospital Safety Score report, distinguishing St. Clair as the region's only hospital to have won this award four years in a row. The grades rate how well hospitals protect patients from preventable medical errors, injuries and infections. To learn more about our Hospital Safety Score, or St. Clair Hospital's performance as a national leader in quality and patient satisfaction, please visit www.stclair.org.

