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## ICELAND - the Land of Fire and Ice

By Patti Romig

I never considered Iceland as a vacation destination until 2014. A friend and I were discussing our favorite trips and Iceland was her number one choice. When I asked why, she said it was the most unique place she had been. I was intrigued, did some more research, and became fascinated with Iceland's natural beauty. I had already decided to visit Germany in 2014, but changed my itinerary slightly to include a 3 day visit to Iceland - Icelandair makes this quite attractive, as they allow an up to 7 day stopover in Iceland at no additional charge. I was sold!

Describing Iceland as unique is an understatement. Iceland is a country where sheep and horses outnumber humans, where the beauty and ravishes of volcanic activity surround your every step, where small villages nestle at the base of gushing waterfalls, and where you feel folklore and fairy tales come to life. It's no wonder that many popular movies and television shows choose Iceland as a filming location!

Taking a soothing soak in a hot spring is an Icelandic experience like no other. Iceland's most famous hot spring, the Blue Lagoon, is world renowned for its crystal blue water, invigorating silica facial masks, and relaxing atmosphere. Many travelers find it to be the perfect spot to rest and rejuvenate after



a flight - I know I sure do! Even though flights to Iceland from Northeast USA are fairly short, it's a great way to refresh and begin your vacation.

Are you more interested in city life? Reykjavik doesn't disappoint, with its Scandinavian architecture, eclectic museums, shopping and diverse restaurants. Visit the tower of Hallgrímskirkja and get a bird's eye view of the city. Take a guided tour of Harpa concert hall and experience the integration of light, sound and natural influences on a stunning cultural beacon. Stroll through the city center, stopping at shops containing traditional Icelandic sweaters and handcrafts - they sure know how to keep warm! Try a classic dinner of salt cod, or maybe something more adventurous such as whale or puffin. Or, my personal favorite, book a helicopter tour and land on a volcano - sure to be a trip highlight!

No trip to Iceland is complete

without visiting the Golden Circle - a lovely day trip from Reykjavik where you'll see geysers, waterfalls, the continental divide and Viking parliamentary site. Venturing along the southern coast provides so much visual and sensory stimulation, as you'll see glaciers, black sand beaches, and waterfall after amazing waterfall. So many natural wonders to see and experience!

Our company, The Relaxed Explorer, chose Iceland as a destination because of its' uniqueness and originality, and our guided tours to Iceland have all been resounding hits. We spent a lot of time and research and included our personal experiences to design a relaxed pace, fully accessible tour of Iceland, focused on Iceland's natur-



al beauty and stunning landscapes. We love to travel and believe travel opportunities should be available to all. Come join us on an upcoming relaxed pace guided tour of Iceland - we'd love to explore the land of fire and ice with you!



Patti and Kelley are the co-founders of **The Relaxed Explorer**, specializing in accessible, guided small group tours. Call at **(412) 386-8730** or visit us online at [www.therelaxedexplorer.com](http://www.therelaxedexplorer.com).

**ON THE WEB:** For more information on European Travel Tips, Scotland and The Relaxed Explorer, visit [www.guidetogoodhealth.com](http://www.guidetogoodhealth.com).

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# ACUPUNCTURE Before OPIOIDS

## Acupuncture Can Reduce Chronic Pain



by David Mortell

Pain management is big business in the United States. Sales of prescription opioids have quadrupled since 1999. And 80% of the world's opioid supply is consumed in the U.S. Two million Americans have a substance abuse disorder related to prescription pain relievers.

The annual economic costs of chronic pain in the U.S. is nearly \$700 billion. This cost includes the additional healthcare costs and lost productivity that result from opioid dependence and addiction. Every day 1,000 people are treated in U.S. ER's for misuse of prescription opioids.

Overdose deaths involving prescribed opioids were 5 times higher in 2016 than in 1999. From 1999-2016 there were more than 200,000 deaths in the United States.

Even the use of NSAIDs and Acetaminophen (Tylenol) carries serious risk, as there are 80,000 ER visits annually related to the use of those drugs. NSAIDs may raise the risk of heart failure by 20% and that risk increases when you increase the amount. They also have a negative effect on kidney function and increase the risk of GI bleeding. Acetaminophen, the most widely used pain relief medication is linked to liver disease, blood cancers, and potentially fatal skin reactions. It seems these widely used drugs are not as safe as once believed.

Acupuncture is a key component of the solution for both chronic pain and America's painkiller epidemic. In the 2016 version of the CDC's Guideline for Prescribing Opioids for Chronic Pain, acupuncture is cited as one of the significant, non-pharmaceutical therapies for ameliorating chronic pain. Acupuncture is cheaper to use and lowers the costs to insurance companies. Studies show that acupuncture improves treatment outcomes, is safe and non-addictive, and patients feel more satisfied with their treatment results and their overall experience.



**>** David Mortell is a Licensed Acupuncturist and Medical Herbalist with 29 years of clinical experience. Learn more at [www.mortellacupuncture.com](http://www.mortellacupuncture.com) or call (412) 888-9390.

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# Weight Loss & Diet Plans

By Valerie Barlow,  
Exercise Physiologist

MYFITNESSPAL provides the opportunity to count calories to support a healthy weight loss program with no cost. It calculates your daily calorie needs and will allow you to log what you eat throughout the day. MyFitnessPal also offers a barcode scanner, which make it easier to enter in nutritional information. Another benefit with using MyFitnessPal is that you are able to log items from a menu at a restaurant. MyFitnessPal has the ability to sync with certain fitness-tracking apps, which will help adjust your calorie needs based on what you burned during exercise.

LOSE IT! is another free weight loss app that focuses on calorie counting and weight tracking. After downloading the app, an analysis of your weight, age and health goals will be performed to determine your daily calorie needs as well as a personalized weight loss plan. Similar to the MyFitnessPal app, Lose It! also has a

*(Continued on following page.)*



## Weight Loss Apps

Do you want to lose weight, but are struggling to figure out how to shred those unwanted pounds?

Being in the mindset of where to even begin to achieve a weight loss goal can become frustrating and discouraging. With that being said, did you know that you have the ability to access some of the best recourses, and it is right at your fingertips?

Your phone has the ability to provide you with different weight-loss applications that you are able to download to help you achieve your goal by tracking your lifestyle habits. When trying to find the right weight-loss application, make sure to look at the ratings, the compatibility for specific smartphone devices, and the price of the application.

This article will go over a few of the top rated weight-loss applications that are available for smartphones.



# IT'S BACK!

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(Continued from previous page.)

barcode scanner for entering foods into your log. It also saves foods that you enter frequently to make the tracking process a little easier. Lose It! is different than other weight loss apps, because it has a snap it feature, which allows you to track your food intake and portion sizes by taking a picture of your meals. This app can also be sync up with other weight loss and fitness applications.

**FITBIT** is another great application for tracking weight, exercise and sleep activities. Fitbit is slightly different because in order to use the free application, you must own a Fitbit device. Fitbits are a wearable device that measures activity level throughout the day. Fitbit also allows you to keep track of your food and water intake, sleep habits and weight goals. With the Fitbit app, you can set alarms to remind you to get up and walk every hour, as well as can receive awards when you achieve a specific goal. If you have a group of people in your family or that you work with that owns a Fitbit and uses the Fitbit app, you are able to connect with them to participate in different challenges.

The three weight-loss applications listed above have some of the highest ratings compared to other weight-loss applications. With that being said, there are also other applications that are not listed that have high ratings, as well. It is important to know, when starting a weight-loss journey, take a moment to figure out what will work best for you to be successful. It is okay to download and test different weight-loss applications before finding the one that suits your needs. In order to be successful with any new program, you have to trust it and enjoy the process.

> If apps are not for you find out other ways to help with your weight loss goals at **Washington Health System Wilfred R. Cameron Wellness Center**. Speak with one of our representatives at **(724) 250-5208**.

## Monongahela Valley Hospital Weight Control and Wellness Program Yields Healthy Results

In the two years since Monongahela Valley Hospital (MVH) introduced its Weight Control and Wellness Program, dozens of people have realized their targeted weight loss and many others have reduced or eliminated their need for medications.

According to Hiram Gonzalez, M.D., an MVH surgeon who is director of the Hospital's bariatric program, 73 percent of the people who have completed the program or had bariatric surgery were able to quit taking their medication for diabetes and 34 percent of the participants eliminated their hypertension medications.

"We are very satisfied with the results," said Dr. Gonzalez. "People who carry extra weight are prone to other health problems such as heart disease, osteoarthritis, sleep apnea, elevated cholesterol and many others. People who choose our program are taking the first step to a healthier life."

More than 35 percent of adults are categorized as obese. Obesity has been clinically classified as a disease by the American Medical Association because it can reduce life expectancy and quality of life. If obesity rates continue on their current path, it is estimated that the number of new cases of Type 2 diabetes, coronary artery disease, high blood pressure, stroke and arthritis could increase ten-fold by 2020.

MVH's Weight Control and Wellness Program includes a team of physicians and clinicians who evaluate a person based on his or her age, gender, lifestyle, diet, culture and amount of physical activity. A multidisciplinary team then designs a personalized plan that includes nutrition counseling; medically supervised weight loss with recipes, food journals and helpful tips; home-based physical activity; fitness and healthy cooking classes; and possible bariatric surgery.

Each month, Dr. Gonzalez hosts information sessions at Monongahela Valley Hospital. All programs are free and begin at 6 p.m.

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# Roller-coaster: The Ups and Downs of Bipolar Disorder

By Kevin Brown

“Bipolar” has become a popular catchphrase to describe someone who displays a sudden mood swing. While mood swings are characteristic of bipolar disorder, it is a serious mental health condition that can have deadly consequences.

“Bipolar disorder is a mood disorder that affects an individual’s behavior and function,” says Maher O. Ayyash, MD, FAPA, FACLP.

Dr. Ayyash sees a number of patients with bipolar disorder at Ohio Valley Hospital (OVH) as medical director of their Outpatient Psychiatry Center and the Willow Brook Geropsychiatric Unit.

“It used to be called ‘manic-depressive disorder’ and involves a condition of elated and expansive moods,” he says. “Bipolar disorder affects 0.6 percent of the population in the United States with an average age of onset at about 18 years.”

## TYPES & CAUSES

Generally, bipolar disorder is characterized by two main types of behaviors: manic and depressive. The manic behavior usually involves an “up” or energized state with heightened activity. Depressive behavior includes feelings of being “down” with sadness, hopelessness and depression.

Dr. Ayyash notes that bipolar disorder is grouped into two primary types: Bipolar I and Bipolar II.

According to the National Institutes of Health, Bipolar I is defined by manic episodes of at least seven days’ duration, or manic behavior so severe it requires immediate hospitalization. Also, the Bipolar I disorder includes depressive episodes lasting at least two weeks.

Bipolar II involves a pattern of depressive episodes and less severe manic episodes than those typically associated with Bipolar I. These milder manic episodes are called “hypomania.”

As to the causes of bipolar disorder, Dr. Ayyash notes that certain environmental factors may be indicators. “Bipolar disorder is more common in higher income countries and in separated, divorced or widowed individuals,” he says.

## SIGNS & SYMPTOMS

According to Dr. Ayyash, those with bipolar disorder may experience varying symptoms such as increased goal-oriented activities, inflated self-



**“Up to 35 percent of bipolar cases are missed even after seeing as many as three professionals.”**

—Dr. Maher O. Ayyash

esteem, and decreased need for sleep. Other symptoms of bipolar disorder may include pressured speech, flight of ideas, easy distractibility and grandiosity.

“Conversely, patients with bipolar disorder may also have symptoms of depression including sad moods, loss of energy, lack of interest, feelings of guilt, poor concentration, loss of appetite and thoughts of death,” he explains.

Dr. Ayyash notes that having bipolar disorder usually leads to impaired functioning in different parts of a person’s life.

## DIAGNOSING BIPOLAR

Current literature indicates that bipolar disorder is difficult to diagnose and, since many bipolar patients first seek help during a depressive episode, bipolar disorder is often misdiagnosed as depression and initially treated inappropriately with antidepressants, which can exacerbate manic episodes.

“Up to 35 percent of bipolar cases are missed even after seeing as many as three professionals,” says Dr. Ayyash.

According to Dr. Ayyash, the diagnosis of bipolar disorder involves ruling out other causes of symptoms such as underlying medical conditions, substance use, and medication-related causes. “Differential diagnoses such as major depressive disorder, ADHD, anxiety disorders, and personality disorders should be considered.”

## HEREDITY & RISK FACTORS

Dr. Ayyash believes that a family history of bipolar disorder is a strong risk factor. “There is about a tenfold increased risk among relatives with Bipolar I or Bipolar II disorders,” he says. “Heredity is more of a factor with the degree of kinship.”

When it comes to bipolar disorder, all is not equal between the sexes. “Females with bipolar disorder experience more rapid cycling of manic and depressive episodes and mixed states,” says Dr. Ayyash. “Females are more prone to experience depressive episodes than males and they are more at risk for alcohol abuse,” he explains.

## COMPLICATIONS

Because of the depressive episodes characteristic of bipolar disorder, suicide is a deadly complication.

“The risk of suicide in bipolar patients is about 15 times that of the general population and accounts for 25 percent of completed suicides,” says Dr. Ayyash.

Bipolar patients also experience difficulties in everyday functioning, such as with relationships, jobs, and other daily occurrences that many people take for granted.

“Thirty percent of patients with bipolar disorder have severe impairment in functioning including educational, work and cognitive,” notes Dr. Ayyash. “Other psychiatric disorders are also common among bipolar patients.”

## TREATMENTS & THERAPIES

Mood-stabilizing and antipsychotic medications are the mainstay of treatment for bipolar disorder according to Dr. Ayyash. However, he advises that caution should be practiced with the use of antidepressant medications when depressive episodes are severe and their use may be warranted and indicated.

“Treatment of bipolar disorder is available especially when the diagnosis is satisfactorily established and an agreeable treatment plan is formulated that includes medications, therapy and providing the necessary services and care,” Dr. Ayyash says.

“Patients who are compliant with their treatment and attending to psychiatric care and therapy stand a better chance of controlling their symptoms, resuming functioning and achieving possible recovery,” he explains. In emergency situations, Dr. Ayyash advises that crisis centers are available in most counties. “Outpatient psychiatric care and follow up is recommended at all times. Inpatient psychiatric hospitalization might be needed for safety and medications management and monitoring,” he says.

## MORE INFORMATION

**Ohio Valley Hospital Outpatient Psychiatry**, located at the OVH Kennedy Township Outpatient Center, offers mental health information and outpatient treatment services to men and women over age 25. To make an appointment, call **412-458-1331**. Inpatient care for the mental health needs of those over age 55 is available at the Willow Brook Geropsychiatric Unit at OVH. Call **412-777-6420** for more information. You can learn more about these services online at [www.ohiovalleyhospital.org](http://www.ohiovalleyhospital.org). Dr. Ayyash also suggests contacting the **National Alliance on Mental Illness (NAMI)** which has local chapters in Pittsburgh and surrounding counties. Visit their website at [www.nami.org](http://www.nami.org).





# DID YOU HEAR?

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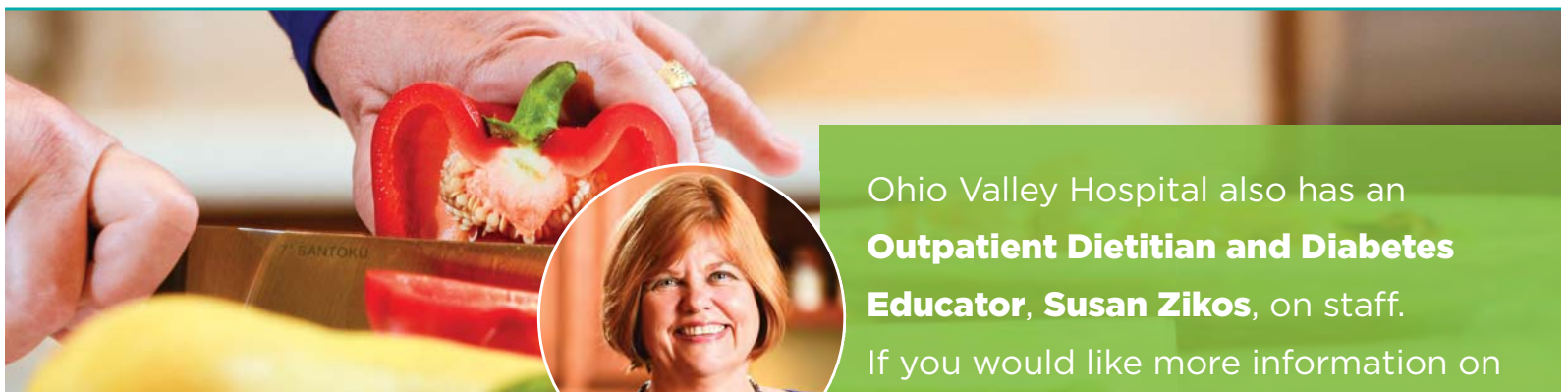
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Ohio Valley Hospital also has an **Outpatient Dietitian and Diabetes Educator, Susan Zikos**, on staff.

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## Edward J. Ruane, M.D., Joins St. Clair Hospital Staff, Bringing Innovative Plastic Surgery Options

By Nancy Kennedy

When Edward J. Ruane, M.D., was in medical school at Duke University, he knew he would eventually become a surgeon. But it was not until he was a third-year medical student, when he first encountered plastic surgery that his plans crystallized. “I shadowed a pediatric craniofacial surgeon who was working with a pediatric neurosurgeon, treating an infant with a condition called craniosynostosis, a deformity of the skull,” he recalls. “That case was pivotal in terms of introducing me to the diverse and collaborative nature of plastic surgery.”

After medical school, Dr. Ruane completed his residency in plastic

surgery at the University of Pittsburgh, one of the top-ranked programs in the country, where he also was appointed to serve in his final year as Administrative Chief Resident. Now he is happy to remain back in his hometown of Pittsburgh where he has joined St. Clair Plastic Surgery Associates, in practice with Robert Bragdon, M.D., FACS.

Plastic surgery, says Dr. Ruane, is one of the most diverse specialties in medicine. “Plastic surgery is unique in that it is not limited to one organ or organ system; we operate on every part of the body. It is a field built upon surgical principles and devoted to applying those principles to solving difficult problems.”

While plastic surgeons are perhaps best known for their cosmetic work, the field is rooted in reconstruction, Dr. Ruane explains. “Cosmetic surgery and reconstructive surgery are not that different; one informs the other. A reconstruction has to look good aesthetically, and a cosmetic procedure attempts to reconstruct and restore normal anatomy.”

Dr. Ruane appreciates being able to offer the full gamut of plastic surgery procedures to patients in the Pittsburgh region. He especially enjoys working with breast can-



**Another innovative treatment that Dr. Ruane offers is the treatment of migraine headaches that are associated with specific trigger points.**

cer patients and patients who have undergone massive weight loss and need body contouring for the removal of excess skin. “These patients have worked so hard, and it’s rewarding to be able to help them reach their goals,” he says. He has plans to bring to St. Clair a new approach to breast reconstruction known as microvascular breast reconstruction, in which tissue from the patient’s abdomen is transferred to the breast area. “There is no implant or prosthesis; just the woman’s own tissue is used in the reconstruction.”

Another innovative treatment that Dr. Ruane offers is the treatment of migraine headaches that are associated with specific trigger points. The treatment involves a tiny incision and decompression of an underlying nerve. “It’s a one-time procedure, and it’s minimally invasive. For patients who are candidates for this type of surgery, 70-

90% of them should see a significant reduction or total resolution of their headaches.”

Plastic surgery is a growing field and one that is deeply satisfying to Dr. Ruane, both professionally and personally. “I have an artistic side; I was the kid who was always drawing,” he says. “There is no better feeling than removing a postoperative dressing and seeing a patient’s response when they get that first glimpse at what they identify as their best self – or their wholeness restored – and they are overjoyed.”

Dr. Ruane and his wife live in the city and enjoy Pittsburgh’s art and music offerings, outdoor activities, and restaurants. “I have a lot of ties to Pittsburgh, and I’m overjoyed to be back here and at St. Clair Hospital.”

**>** To make an appointment with **Dr. Ruane**, call **(412) 572-6164**.

**He especially enjoys working with breast cancer patients and patients who have undergone massive weight loss and need body contouring for the removal of excess skin.**

## St. Clair Hospital Receives 12th Consecutive ‘A’ Rating for Patient Safety

By Nancy Kennedy

For twelve consecutive grading periods, St. Clair Hospital has received an “A” grading for patient safety from the Leapfrog Group, a highly regarded national non-profit healthcare ratings organization. The Leapfrog Safety Grades range from A through F and are assigned on the basis of a hospital’s performance in preventing falls, medical errors, infections, injuries and accidents.

The Leapfrog Hospital Safety Grades for Spring 2018 awarded St. Clair an “A” for its continuing commitment to setting and meeting the highest safety quality standards in the nation.

St. Clair has a dynamic, far-reaching patient safety program that encompasses every aspect of the Hospital’s operations and every corner of its facilities. A multidisciplinary safety committee collaborates in safety data collection, data analysis, benchmarking and trending. The safety program, which includes a fall prevention program, has created an entire patient safety culture within St. Clair, involving every staff member; staff members help by identifying patient safety issues, responding to safety risks and incidents, documenting safety events for further analysis and taking actions to prevent harm to patients. The Hospital has an online patient safety newsletter,

Safety Corner, which is issued to all staff to keep them informed about safety issues and apprised of new strategies. St. Clair is constantly seeking opportunities to improve patient safety.

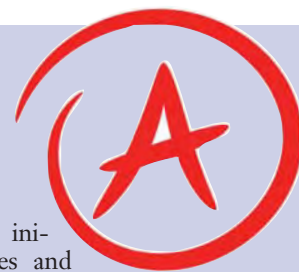
Receiving the highest possible rating for 12 consecutive grading periods places St. Clair in the highest echelon of hospitals throughout the USA for patient safety. St. Clair is one of 2,600 hospitals rated twice a year by the Leapfrog Group in 27 separate safety categories, including patient falls, a major quality indicator.

The Leapfrog Group was developed in 2000 to measure hospital quality and safety; the Safety Grades program is one of their pri-

mary initiatives and is intended to empower consumers by providing them with potentially lifesaving information.

Having information about a hospital’s safety record, and being able to view their track record over a period of years, helps consumers make informed decisions about their healthcare and that of their families.

The Safety Grades program was developed by a Blue Ribbon panel of hospital safety experts from around the country. Leapfrog’s findings are peer-reviewed, transparent and available for public review at [www.leapfrog.org](http://www.leapfrog.org).



# At Preferred Primary Care Physicians, the Team is the Key to Excellence

By Nancy Kennedy

Human relationships are the essence of excellent health care and the heart of primary care. Respect, compassion and trust are the cornerstones of relationships with patients.

This is the philosophy that is shared by the staff at Preferred Primary Care Physicians, Inc. (PPCP). At PPCP, the entire team has developed a setting where listening, kindness and caring for people comes first, so that every patient feels valued and respected.

Good listening skills are emphasized at PPCP. Listening well helps the staff to empathize with the patient; it elevates the patient's confidence and helps them build a relationship with the healthcare professionals. By listening well and communicating effectively with patients, the team can better identify the patient's needs, and develop a specific plan of care to meet those needs.

"The healthcare team consists of a group of diverse, specialized professionals," Ashith Mally, M.D., says. "The most important member of the team is the patient." Dr. Mally and his team work together seamlessly to provide the best experience for the patient. "I can't do what I do without the entire team. They work hard and they care deeply," he says. "Sometimes, in healthcare, we all encounter situations where we feel that the care is impersonal, but here, we truly care and the care is genuine. At every step, from the initial telephone call to the checkout and follow up, a lot of people interact with the patient, and no one ever drops the ball at any point."

When a patient makes an appointment at the Peters Township office, the first person he encounters is Tracy Melson. First impressions are important, and Tracy Melson, Medical Secretary, makes a strongly positive impression. Her communication skills plus her warmth and personable approach sets a comfortable tone, and her flexible approach to scheduling appointments accommodates the patient's needs. Once the patient arrives for their appointment, they are greeted by Ashley



Stephanie Colodny, M.D.

Ashith Mally, M.D.

Supriitha Shetty, M.D.

Donovan, Certified Medical Assistant. "Ashley with the smiling face," as Dr. Mally calls her, understands the anxiety that many patients feel in any healthcare setting, and her smile gives them a warm welcome and eases their stress immediately.

A trio of capable, caring Certified Medical Assistants – Wendy Ankrom, Shirley Chedgy and Lisa Gramm – escort the patient to the exam room, where they help them settle in while gathering essential information that is very helpful to the physicians. That means taking vital signs but also listening carefully to the patient, to better understand what they are experiencing. Dr. Mally explains that "At all times, they relate to the patient with skill, warmth and respect."

Care Coordinator Barbara Fazzolare, Certified Medical Assistant, manages the more complex needs of some patients, and deals with the hospitals about patients who have been admitted or are in the ER. With 25 years of experience, she is a problem solver and a resource to the entire staff. At the conclusion of the visit, Marsha Johnston, Medical Secretary, guides the patient through follow up appointments, insurance issues, and referrals. She is knowledgeable and resourceful, and enables the patient to depart with peace of mind.

Overseeing the entire office is Robert Kester, Certified Medical Assistant, practice manager. Robert is "the emcee," the one who keeps his finger on the pulse of every aspect of the busy primary care practice. With a sense of humor and an unwavering commitment to providing an excellent experience for the patient, Robert helps the staff keep all the balls in the air. And

Sarah Urbanik, CRNP, completes the team; she sees acute care patients and others as needed.

PPCP, Inc. also has a smaller location in the Dormont/Brookline neighborhood, where an equivalent team of Certified Medical Assistants fulfill similar roles, but also share more responsibilities and tasks, due to the smaller size of the

**"Sometimes, in healthcare, we all encounter situations where we feel that the care is impersonal, but here, we truly care and the care is genuine."**

-Dr. Ashith Mally

office and the staff. Cheryl Huschak, Certified Medical Assistant; Heba Abdulkhaleiq, Certified Medical Assistant; and Jordan Peck, Certified Medical Assistant comprise the Brookline team, offering patients empathy, support and high quality primary care. PPCP's team also includes physicians Stephanie Colodny, M.D. and Supriitha Shetty, M.D.



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

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# HYPEREMESIS:

## Rare but Treatable Complication of Pregnancy

By Nancy Kennedy

Hyperemesis gravidarum is a rare and serious complication of pregnancy, characterized by extreme nausea and vomiting. Usually referred to simply as hyperemesis, it is a severe form of morning sickness – the nausea and vomiting that is common in early pregnancy and actually can last all day, well beyond the morning. A majority of pregnant women (approximately 80%) will experience morning sickness, while just 0.3 to 2.3% will have hyperemesis. “Hyperemesis comes from the brain’s response to the hormones of pregnancy,” explains Hyagriv Simhan, M.D., M.S., chief of the division of Maternal-Fetal Medicine at Magee-Womens Hospital of UPMC. “It can have severe consequences. We treat it by providing fluids and medication that will counter its effects. When a woman presents with severe nausea and vomiting, we have to make sure that it isn’t something else, such as an intestinal virus or a urinary tract infection that may become a blood infection.”

Hyperemesis may lead to significant dehydration, electrolyte imbalance, and weight loss, and can even cause problems with kidney function. The loss of electrolytes through vomiting means that blood levels of sodium, potassium and other essential chemicals are depleted. It may be severe enough to require hospitalization for restoration of hydration and electrolyte balance. Treatment of hyperemesis consists of the administration of intravenous fluids; anti-emetic medications; monitoring of blood chemistry; and in some instances, steroids. Small, frequent meals are recommended, with an emphasis on liquids like soup. Dietitians suggest eating more carbs and protein and avoiding fatty, spicy and acidic foods.

Risk factors associated with hyperemesis include underlying gastrointestinal problems. It is more common with the first pregnancy and occurs more often in multiple pregnancies. Unfortunately, it does tend to recur in subsequent pregnancies. Hyperemesis tends to peak at around nine weeks of pregnancy and for most women, it will resolve completely by 20 weeks. In very rare instances, it lasts throughout pregnancy.

Amanda Faneck, director of marketing for a behavioral health company, anticipated that she might experience morning sickness when she became pregnant for the first time, but she had no knowledge of hyperemesis – until she became very ill with it. Amanda gave birth to a healthy son; while pregnant with her second child, the hyperemesis has recurred. “This time is worse,” she says. “I was on bedrest for three weeks; I couldn’t work. The nausea and vomiting are triggered by all different smells and foods. I’ve had to go to the ER twice, due to dehydration.” Fortunately, her obstetrician has been helpful, providing medication to control the vomiting.



Amanda and Tim Faneck and their son.



Amy and Mike Herrlich and their daughter Adriana.

“It’s a lot harder this time because I am sicker, but also there are more demands on me, with my son. My husband Tim is a huge support. I want people to know that this is not in your head, it’s a serious medical condition. There is treatment and you should take the medication. It helps you to rest and that’s good for you and your baby.”

For Amy Herrlich, hyperemesis led to severe dehydration, a weight loss of 23 pounds, and two months of bedrest. “The nausea and vomiting were debilitating and continued to the end of my pregnancy,” she says. “Sometimes, it gets better as the pregnancy progresses, but mine would not let up. I was repeatedly treated in the ER with IV fluids.” Amy’s obstetrician assured her that it most likely would not happen again, but it recurred with her second pregnancy and was actually worse. “I was exhausted, dehydrated and in pain. I was so dehydrated from constant vomiting that I needed IVs every few days. Plus, I was taking care of my daughter. It was a very dark time; it takes away from your pregnancy experience and takes a physical and emotional toll. The only time I felt normal was when I had IVs. I’m fortunate to have a loving and supportive husband, Michael.”

Amy generously shares the wisdom of her experience with other women. “When it’s your first pregnancy, you don’t know what is normal. You don’t necessarily know if the nausea and vomiting you are having is something serious. Tell your doctor if you are concerned, and let them know how bad it is. When you are living this, and it’s affecting you 24/7, you have to take control and fight for yourself. Hyperemesis is a rare condition, so doctors don’t see it all that often and may underestimate what you are going through. Hyperemesis is not morning sickness, and there is treatment for it.”

“The most important thing for expectant mothers to know is that, as awful as hyperemesis is, it will come to an end. The moment when your baby is placed in your arms, you will know that, despite all that you have endured, it was 100% worth it.”

Women with hyperemesis naturally are concerned about the well-being of the fetus. Dr. Simhan says that they don’t generally need to worry as long as the condition is treated. “Hyperemesis mostly occurs in the first trimester, when the amount of nutrition the fetus needs is very small. In general, the fetus will take what it needs, no matter what.” When hyperemesis is untreated, and there is low maternal weight gain, there can be consequences for the fetus, particularly low birth weight, which can mean a host of problems for the newborn.

Another consequence of hyperemesis for the pregnant woman is depression. The pernicious nature of the nausea and vomiting and its effect on daily functioning and quality of life can lead to maternal depression. In addition, there may be the added stress of being unable to work, resulting in a loss of income, at a time when a young family most likely cannot afford the loss.

Dr. Simhan is a graduate of Boston University School of Medicine. In addition to serving as chief of the Division of Maternal-Fetal Medicine at Magee, he is a professor of Obstetrics, Gynecology and Reproductive Medicine at the University of Pittsburgh School Of Medicine and a research scientist at Magee-Womens Research Institute.

# Forgetting To Die

By Nick Jacobs

I recently have become a fan and ardent follower of Dan Buettner, whose fascinating research the past 15 years or so has focused on what he calls “Blue Zones”—the five places in the world where people seemingly simply forget to die.

In these places, which include Sardinia, Italy; Loma Linda, California; Okinawa, Japan; Nicoya, Costa Rica; and Ikaria, Greece, residents live into their late 90s and often beyond 100. A National Geographic Fellow and New York Times bestselling author, Buettner said he found that only 10 to 20 percent of longevity is dictated by genetics; nor did the folks he studied in the Blue Zones live longer because of diets, treadmills or supplements.

Rather, common factors shared by those who lived long included having a great sense of purpose to their lives and a need to move physically every 20 minutes in response to their geography. These individuals were energized by belonging to what they called “Like-tribes” that kept people on the right track. They lived in interconnected, mutually supportive clusters of behavior, which helped them to do the rights long enough to not get disease. Put simply, one of the people Buettner interviewed said, “Eat without gluttony. Drink without getting drunk. Argue but don’t go to bed mad. And occasionally, with great discretion, misbehave.”

Adding to these enlightening findings is the work of Harvard’s Mike Norton, who visited three continents to ask this question: Do you think life is short and hard or long and easy? Those selecting “long and easy” were always happier, more civic-minded and generous. In fact, they were 40 percent happier, 30 percent more likely to vote and 60 percent more likely to donate money.

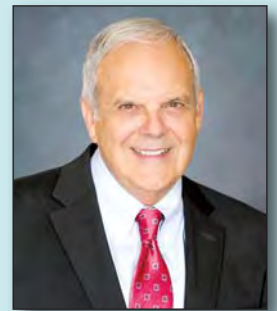
**“Eat without gluttony. Drink without getting drunk. Argue but don’t go to bed mad. And occasionally, with great discretion, misbehave.”**

Getting back to Buettner, he worked with Google, Gallup and the University of Pennsylvania and discovered that the 50 billion Google searches they analyzed were more predictive of happiness than either age or income. They found, for example, that people who own dogs are happier than people who own cats. People who like action movies or comedies are happier than those looking for romance movies.

From his world studies, he found that gender equality is important. In fact, it makes the men happier when women are treated equally. Education for both men and women is an important key to happiness, at least a high school education because educated girls become educated mothers and produce better everything. They found that healthcare – not America’s sick care, but genuine health care which includes prevention and wellness – is a great predictor of happiness, and countries where there is complete healthcare equality is where the happiest people live.

Happy people place their values on family, some type of belief system, face to face conversations, walking to the church, market and friends’ homes, laughter, and seven hours of sleep a day. They also take all their vacation days, try new things and have some type of intimate relations at least twice a week. Buettner also recommends meditation, financial security over consumption, big windows for lots of light, a front porch, and having a best friend at work.

So, own a dog, socialize, stay married if you can, pick a job you love over money, give something back, and most importantly, pick where you live because that is the single most important happiness indicator. If you live in an unhappy place and move to a happy one, you will be exponentially happier within a year. And you just might have a lot more years left to enjoy that happiness.



**Nick Jacobs** of Pittsburgh is a Principal with SunStone Management Resources and author of the blog [healinghospitals.com](http://healinghospitals.com).

## Warding Off an Anxiety Attack

Have you ever had an anxiety attack? Here is a technique that can help when you feel one coming on. Breathe deeply through your nose, exhale slowly through your mouth. Look around you: find five things that you can see; find four things that you can touch; find three things that you can hear; find two things that you can smell, and name one emotion that you feel. By focusing on your environment and your senses, you become grounded and gain a sense of control. (*Prevention Magazine*)



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# BONE & JOINT GUIDE

## Osteoporosis

### Advancing Care and Treatment at Ohio Valley Hospital

By Kevin Brown

It might be funny to say “Break a Leg” to a performer about to go on stage. To those with osteoporosis, it’s no laughing matter.

“Osteoporosis is responsible for more than 1.5 million fractures annually in the United States,” says Ajay K. Mathur, M.D., F.A.C.P., a rheumatologist at Ohio Valley Hospital. Dr. Mathur is certified by the American Board of Internal Medicine and the Rheumatology Board and has been practicing for more than 30 years.

Among other areas of his specialty in rheumatology, Dr. Mathur diagnoses and treats patients at Ohio Valley Hospital with osteoporosis and low bone mass.

Based on current osteoporosis statistics, there’s no shortage of patients. Some 54 million people in the United States have osteoporosis or low bone mass, according to the National Osteoporosis Foundation. By 2020, that number is expected to grow to more than 64 million.

“Almost half of all women over 50 will break a bone because of osteoporosis. One in four men over age 50 will break a bone as well,” Dr. Mathur says.

#### What is Osteoporosis?

“Osteoporosis is a serious disease that weakens bone and makes it more susceptible to fractures,” explains Dr. Mathur. “The word ‘osteo’ means ‘bone’ and ‘porosis’ stands for ‘porous’ or ‘riddled with holes.’”

“Bones are living tissue, constantly undergoing remodeling,” notes Dr. Mathur. “Remodeling means the bone is constantly being broken down and new bone is built back to keep the bones strong. Up until age 25 to 30, a person is making more new bone than what is lost.”

“In osteoporosis, there is a loss of bone mass and strength as well as the architecture of the bone becomes abnormal, resulting in breaks and fractures. These can occur from a minor fall or, in severe cases, just from sneezing or minor bumps,” Dr. Mathur says.

#### Risk Factors

According to Dr. Mathur, there are multiple risk factors that can lead to osteoporosis.

“Some risk factors are natural and unavoidable such as old age, strong family history and menopause,” he says. “Others are related to certain diseases such as rheumatoid arthritis, celiac disease, chronic lung and kidney diseases, thyroid and parathyroid disorders, to name a few.”

“There are also certain drugs such as the cortisone family of drugs, anti-convulsants such as Dilantin, blood thinners such as heparin, as well as aromatase inhibitors used for breast cancer such as anastrozole that puts people at risk for premature osteoporosis,” Dr. Mathur explains.

Dr. Mathur also notes that avoidable risk factors for osteoporosis can be an inactive lifestyle, cigarette smoking, and excessive alcohol intake.

#### Symptoms, Complications and Progression

Osteoporosis is a silent disease according to Dr. Mathur. “In many patients, the first sign of osteoporosis may be a fracture of the spine or hip or forearm. It may be non-traumatic or with minimal trauma,” he says.

Major complications of osteoporosis include persistent pain, progressive loss of height, difficulty in doing activities of daily living which, in turn, can cause multiple other complications such as bed sores, muscle wasting, blood clots in the legs and loss of self-esteem and depression.

“Osteoporosis is progressive in the sense that it is related to age,” explains Dr. Mathur. “The rate of progression will depend on the risk factors. Some people are built heavier and have bigger bones and normally that will take longer to become osteoporotic whereas people of small frame and thin build will lose bone faster irrespective of the risk factors.”

#### Diagnosis and Screening

Fortunately, the diagnosis of osteoporosis is not complicated or invasive. Dr. Mathur says that a simple x-ray of the spine or hip may



**“Almost half of all women over 50 will break a bone because of osteoporosis. One in four men over age 50 will break a bone as well.”**

Dr. Ajay K. Mathur

show that the bone is brittle, but that is not very accurate.

“Bone mineral density tests, also called DEXA scans (Dual-Energy X-ray Absorptiometry), are simple, inexpensive, very low radiation x-rays done in conjunction with a computer program that generates a number called a ‘T’ score. This is a sensitive test which can detect even small amounts of bone loss. The scoring system has been developed which helps us determine which patient needs treatment and which patient just needs to be periodically monitored,” he says.

Dr. Mathur recommends a baseline bone density test for all women at age 65. Patients with high risk factors should be tested at a younger age.

#### Treatment

According to Dr. Mathur, a comprehensive treatment plan should be developed after the diagnosis of osteoporosis has been established with a bone density test or evidence of fracture of the spine or hip.

“It is very important that the patient and family clearly understand the risks and benefits associated with treating, as well as not treating osteoporosis,” he notes.

Dr. Mathur advises that treatment of osteoporosis usually includes a diet rich in calcium and supplemental vitamin D, weight-bearing exercise and appropriate use of medications when needed. Avoidance and minimization of risk factors also is critically important in the long run.

According to Dr. Mathur, there are two different types of drugs approved for the treatment of osteoporosis: ones that can slow the breakdown of bones, and ones that can help to build your bone. Any drug utilized for osteoporosis should be done under the direction of a physician.

He notes that surgical procedures may also be a very rare option in treatment. Rather, physical and occupational therapy can be very helpful to help relieve pain and keep the patient functional.

#### Prevention

When it comes to preventing osteoporosis, Dr. Mathur recommends having an awareness of the problem, good nutrition, a non-sedentary lifestyle, and avoiding smoking and falls.

Dietary supplements such as calcium are helpful, but Dr. Mathur believes that calcium supplements are helpful only to a certain extent.

“Pre-menopausal women need 1,000 to 1,200 mg of calcium each day while post-menopausal women need 1,200 to 1,500 mg per day. You need to be careful to avoid too much calcium if you have kidney stones,” cautions Dr. Mathur.

He also recommends exposure to sunlight, fortified milk, and use of supplements such as 800 to 1,000 international units (IU) of vitamin D3 per day.

While osteoporosis is a serious and progressive disease, diagnostic and treatment resources are available locally at Ohio Valley Hospital.

Online resources to learn more about the condition include the National Osteoporosis Foundation ([www.nof.org](http://www.nof.org)) and the Arthritis Foundation ([www.arthritis.org](http://www.arthritis.org)).

To make an appointment with Dr. Mathur, contact Ohio Valley Hospital at (724) 258-9680.

# ACHILLES FOOT CARE

## Advanced Treatment Options for Foot and Ankle Problems

By Kevin Brown

According to a national foot ailment study by the American Podiatric Medical Association, nearly 76 percent of Americans experienced at least one foot ailment in a year's time. For more than a third of those Americans, the pain from their ailment was enough to inhibit daily activities.

Feet often receive little attention when it comes to our overall health, but having a painful foot problem can cause serious disruption in our lives.

That's why Dr. Patrick D. Roberto of Achilles Foot Care is dedicated to offering advanced treatment options for a variety of foot and ankle problems. Board-certified by the American Board of Lower Extremity Surgery, Dr. Roberto has been a practicing podiatrist for more than 25 years with offices in Delmont and Monroeville. He received his doctor of podiatric medicine from the Ohio College of Podiatric Medicine.

Dr. Roberto uses the latest techniques in treating common and uncommon problems including bunions, flat feet, hammertoe, heel spurs and fungal infections of the toenails, along with other foot and ankle conditions.

### New Bunion Procedure

If you've ever had a bunion, you know the discomfort it can cause. Pain, swelling, numbness and tingling are just some of the symptoms. Dr. Roberto offers a new surgical procedure called Lapiplasty from Treace Medical Concepts, Inc., to correct bunions

"Lapiplasty is our new bunion procedure. I won't do any other bunion procedure," says Dr. Roberto. "It gives a perfect result every single time and allows the patient to immediately weight-bear in a CAM walker or boot. We still keep them in that boot for four to six weeks, but at least at this point we don't have to keep them non-weight bearing for six weeks. Now they can walk immediately and in four to six weeks they're in a tennis shoe with some mild exercises."

### Correcting Flat Feet

Flexible flatfoot deformity, otherwise known as flat feet, is a painful foot condition that can lead to more problems down the road. Dr. Roberto uses another new technique, HyProCure, to help correct flat feet. HyProCure is a soft tissue implant that prevents the foot from going flat.

"A lot of people suffer from flexible flatfoot deformity. It can cause heel pain, arch pain and early arthritis in their lifetimes. If we can capture those patients who have this deformity early on and utilize this procedure, we can maintain some flexibility to their foot and limit the arthritic changes. They may need something later on down the line, but they can get by with this device for many years," explains Dr. Roberto.

### Treating Nail Fungus

The most common foot problem that Dr. Roberto sees is onychomycosis, or toenail fungus. While the condition is most often unsightly, it is highly contagious and can cause pain and deformity of the nails. Over-the-counter preparations are quite common, but may take months to show any effect. In long-standing fungal infections, these preparations may have little or no effect on the fungus.

Dr. Roberto is at the forefront of advanced podiatry by offering fungal



**"I've seen much quicker results with the Lunula Laser than any other treatment plan I've used for 25 years," notes Dr. Roberto. Erchonia boasts an 89 percent clearance rate of fungal infections.**

-Dr. Patrick D. Roberto

infection treatments with the newly approved Lunula Laser by Erchonia. It has been available in Europe for some years and the Food and Drug Administration just cleared it in 2016 for use in the United States.

"The Lunula Laser treatment involves four, 12-minute sessions per foot. You just keep your foot in the machine for 12 minutes and it focuses two wavelengths of light on your toenails. The light penetrates the nail fungus and creates two different types of reactive species that combine to create one chemical within the mitochondria of the fungus that kills it," explains Dr. Roberto.

"There are four sessions and they have to be one week apart from each other so we want to make sure that patients are able to come in within that time frame. We usually start with a photograph to see how they progress over time," he says.

"I've seen much quicker results with the Lunula Laser than any other treatment plan I've used for 25 years," notes Dr. Roberto. Erchonia boasts an 89 percent clearance rate of fungal infections.

### Relieving Diabetic Neuropathy

Diabetic neuropathy is another painful foot condition that Dr. Roberto has had success in treating. Neuropathy is an inflammation of the nerves in the feet and is common among those with diabetes. Symptoms include sharp nerve pain, numbness, and tingling. Oftentimes, it may feel as if one is "walking on gravel in bare feet" even though wearing shoes.

"We maintain a health program where we see patients who have diabetic neuropathy about four times a year to take care of their feet," says Dr. Roberto. "We don't like them to cut their own toe nails, so we cut their nails. We evaluate them regularly and we put them in diabetic shoe gear to protect their feet."

"In some cases where a patient has very bad neuropathic pain, there are two medications that I prescribe, he says. "They are dietary supplements. One is a new medication called NeuRemedy, which we dispense through the office. It has been very successful in helping those patients. We also prescribe Metanx, which works well with Metformin, a diabetic medication."

### Custom Orthotics

Another major service that Dr. Roberto offers at Achilles Foot Care is custom orthotics, which are wearable supports that help correct foot problems.

"An orthotic is essentially an arch support that goes inside the shoe under the foot. It is more than just an arch support. These are custom-made. We scan a 3D image of your feet and the orthotic is made based on that 3D image. You get a much better fit that way. It covers all the deformities for people who have arch pain, heel pain, arthritis pain in the ankle, and mid-foot pain. For some people who have a bunion, it will slow the progression of the bunion," Dr. Roberto says.

Other common foot and ankle problems that Dr. Roberto sees include ingrown toenails, warts, heel spurs and arthritis along with providing general geriatric foot care.

"At Achilles Foot Care, we are dedicated to offering individualized care that's based on each patient's unique needs for long-term relief of pain and other symptoms, improved mobility, and a better quality of life," Dr. Roberto adds.



For more information about **Achilles Foot Care**, visit their website [www.achillesfootcare.com](http://www.achillesfootcare.com) or call (724) 468-5368 in the Delmont area or (412) 372-7100 in the Monroeville area.

# BONE & JOINT GUIDE

## Concussions Among Children: What You Need to Know

By Daniel Casciato

Most head injuries, such as concussions, are mild allowing you to make a complete recovery. However, if your child suffers a concussion, this poses a serious and complicated health risk.

“If your child sustains a concussion it’s important that the child is removed from their athletic activity immediately,” says Dr. Erin Shaffer, a family medicine practitioner with WHS Primary Care – Lakeside.

An athlete should not continue to play in practice or a game if they had an injury to their head causing symptoms of a concussion. This also applies to children in gym class or recess, she adds.

“A second hit to the head during the initial injury of the concussion can be potentially life threatening,” Dr. Shaffer says. “The parent should then seek medical care for their child within the first few days

of injury.”

If your child loses consciousness after a head injury, don’t wait—they should be seen in the emergency room immediately.

### Signs of a Concussion

Signs of a concussion varies for each person. Symptoms can start immediately; however, it may also be delayed minutes to hours after the trauma.

Associated symptoms may include:

- Headache
- Confusion
- Dizziness
- Balance changes
- Sensitivity to light and sound
- Neck pain
- Mood changes such as agitation or depression
- Visual symptoms including blurred vision or double vision
- Concentration issues
- Abnormalities of the sleep cycle

### Diagnosing a Concussion

Unfortunately, there are few objective tests to diagnose a concussion. Most concussions are diagnosed based on patient-reported symptoms and a thorough neurological exam performed by your healthcare provider.

“A CT scan of the brain may be performed in the initial stages of a head injury,” says Dr. Shaffer. “This is used to rule out a bleed surrounding the brain but doesn’t diagnose the concussion.”

Not everyone with a diagnosed concussion needs a CT scan. It’s a clinical decision made by the healthcare provider based on symptoms and exam. Neurocognitive testing can also be helpful to evaluate for a concussion.

“Concussion research continues to develop testing which will better help us diagnose a concussion,”



she adds. “Currently, blood tests to help aid with the diagnosis of concussion are being researched.”

### Treatment for Concussions

The treatment of concussions has changed drastically over the past few decades and currently there is no standard treatment.

“As physicians, we follow recommendations made by expert panels but incorporate the clinical picture of the patient in all decision making,” says Dr. Shaffer. “The most important treatment is removing a patient from the environment of injury. An example would be to remove a football player from practice or a game so they can be evalu-

*(Continued on following page.)*



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# BONE & JOINT GUIDE

## Eat (and Drink) to Your Health

By Kate Safin, East End Food Co-op

There are a number of delicious foods you can enjoy to help maintain healthy bones and joints. Calcium and vitamin D rich foods are essential. These may include milk, yogurt, cheese, greens (like collards and kale), broccoli, and fish like sardine and salmon. If you are already suffering from painful inflammation, consider incorporating flax seeds and green tea into your diet. Flax seeds are a good source of omega-3 and omega-6 fatty acids and green tea contains anti-inflammatory polyphenols.

One particularly tasty (and trendy) anti-inflammatory food is turmeric, a bright golden spice related to ginger that has been used in Ayurvedic medicine for centuries. Turmeric contains a powerful active ingredient called curcumin. Research has shown curcumin is an effective anti-inflammatory that has helped reduce pain and swelling caused by osteoarthritis. Turmeric is available as a powder or pill, and you can find it in the produce section in its whole form. (Consult with your physician before incorporating alternative treatments or supplements into your routine to ensure they are compatible with your current course of care.)

**Research has shown curcumin is an effective anti-inflammatory that has helped reduce pain and swelling caused by osteoarthritis.**

Turmeric is a staple of Indian cuisine. Try a tasty yellow curry for a small helping of this delicious spice. Another way to enjoy a dose of turmeric is gold milk, a warming beverage that includes turmeric, ginger, cardamom, and clove, combined with milk and natural sweetener.

Try this recipe below for a calcium-rich, anti-inflammatory treat. Because it is caffeine-free, you may enjoy this any time of day. You can experiment with the spices and adjust to your specific taste.

### Golden Milk

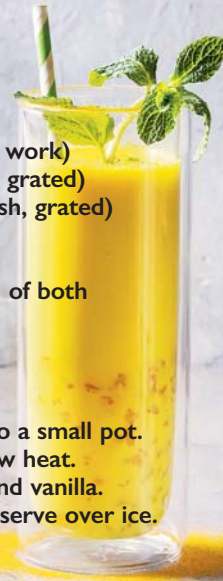
#### Ingredients:

- 2 cups milk of choice (dairy, unsweetened coconut or almond all work)
- 1 tsp ground ginger (or 1 tablespoon fresh, grated)
- 1 tsp ground turmeric (or 1 tablespoon fresh, grated)
- 1 tsp ground cardamom
- 1/2 teaspoon ground cinnamon
- 4 to 5 peppercorns, cloves, or combination of both
- 1 teaspoon honey or maple syrup
- 1 dash of vanilla (optional)

#### Instructions:

1. Wisk milk and spices together and add to a small pot.
2. Simmer together for 10 minutes over low heat.
3. Remove from heat and add sweetener and vanilla.
4. Enjoy immediately, or allow to cool and serve over ice.

Yields two 8-ounce servings



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

## Concussions Among Children

(Continued from previous page.)

ated by their healthcare provider. A second impact too close to an initial concussion could be life threatening.”

It's recommended the patient initially rest after being diagnosed with a concussion. The timeframe someone should rest has not been well defined. The time someone has complete physical and cognitive rest has decreased over the years, notes Dr. Shaffer.

“The injured individual should rest physically as well as cognitively – for example, decreased electronics such as watching TV, playing video games, computer and cell phone usage until symptoms are minimal,” Dr. Shaffer says. “A concussion may affect school or work and accommodations may be made by your healthcare provider.”

At WHS Primary Care – Lakeside, they offer neurocognitive testing which can be used to aid in diagnosis and recovery from a concussion.

“Personally, I did an additional year of training in sports medicine which does involve the diagnosis and treatment of concussions,” Dr. Shaffer explains.

The best way to protect your child from obtaining a concussion is making sure they're practicing proper technique in their sport. Unfortunately, concussions are impossible to prevent completely.

“The intention of the helmet in sports is to decrease the incidence of skull and facial fractures but unfortunately do not protect our children from concussions,” says Dr. Shaffer.



For more information, visit [www.whs.org](http://www.whs.org). To make an appointment at WHS Primary Care-Lakeside, call (724) 969-1001



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# BONE & JOINT GUIDE

## South Hills Orthopedic Named Number One in Orthopedics and Sports Medicine by Post-Gazette Readers

By Nancy Kennedy

Earlier this year, the *Pittsburgh Post-Gazette* conducted a survey of local residents to determine their favorite businesses, restaurants, entertainment venues and service providers. Readers were invited to participate through the newspaper's interactive web site by nominating their personal favorites. Over 40,000 nominations flooded in, and were organized by category and region. Voting took place through the end of May, with 200,000 votes cast, and the winners, known as "Fan Favorites," were announced in the newspaper in June.

A big winner in the Fan Favorites competition was South Hills Orthopedic Surgery Associates (SHOSA), coming in first in the category of orthopedic and sports medicine providers in the South Hills. The honor recognizes the excellence of the care provided by SHOSA's expert team of physicians and support staff. At SHOSA, state-of-the-art diagnostics and treatment of musculoskeletal injuries and conditions, from simple fractures to complex joint replacement surgery, helps people to maintain their mobility, play the sports they love, manage the challenges of arthritis and enjoy their lives.

Among the thousands of patients who are fully satisfied with the care they receive at SHOSA is Paula Wilson, 62, of Finleyville. Paula sees Justin Petrolla, M.D., SHOSA's pain and mobility specialist, for treatment of spinal arthritis and stenosis. She says that under his care, her pain has been significantly reduced: "Dr. Petrolla has helped me a lot; he gave me shots that last a long time, and he sent for physical therapy that is really helpful. He is the nicest doctor and I highly recommend him."

William Gagliardino, 80, is a patient of Christopher Manning, M.D., and has two special names for the surgeon who has performed two shoulder replacements on him: "The Fixer" and the "Miracle Worker." The former steamfitter has severe osteoarthritis and has had both knees, both hips and now both shoulders replaced. His most recent surgery took place in April at St. Clair Hospital, and just two months later, he is pain free. "I had my first shoulder replacement in May 2017, and then the second one this year. Dr. Manning did both and he is a great surgeon. He always tells you what to expect. He takes his time, listens and answers your questions."

Gagliardino, who lives in Mt. Lebanon with his wife Margaret, says that



Dr. Justin Petrolla



Dr. Christopher Manning



Dr. Brett Perricelli

the entire operation at SHOSA is excellent. "The whole staff is professional and caring. They're efficient: you never have a long wait. You register, get your x-ray, and in ten minutes you see the doctor." Gagliardino is pain free and able to enjoy his retirement with his wife, four children and ten grandchildren. "Before my joint replacements, I was always packed in ice. I no longer need it, thanks to Dr. Manning, the fixer."

Jeff Lammert, 67, of Mt. Lebanon, has seen several of the physicians at SHOSA and he commends the practice for their cautious approach to surgery. "I appreciate the fact that the surgeons here don't automatically recommend surgery. I had an Achilles laceration that led to a hamstring tear, and I was seeing Dr. Brett Perricelli. He referred me to his colleague, Dr. Petrolla, who suggested an innovative treatment called PRP. They took blood from my arm and injected the platelets into the injury site. It regenerates the tissue to heal the injury. It's a gradual healing process, not an immediate cure. It was amazing: the pain had been keeping me awake all night, and five months later I have no pain. I had the same treatment for arthritis in my thumbs in May. I like Dr. Petrolla's approach to pain and I liked the way he and Dr. Perricelli communicated."

Lammert says that the physicians of SHOSA are attentive, providing personal care and excellent follow-up: "If you call or send an email, they respond, always. Every treatment I had is working. It was a good experience – these guys are really good at what they do."

South Hills Orthopedic Surgery Associates cares for patients of all ages. The practice is located in the heart of the South Hills, on Oxford Drive in Bethel Park, across from South Hills Village, and has ample parking with spaces reserved for patients. There are no steps at the building entrance and the offices are right off the elevator. "We recognize that our patients are often injured or in pain when they come here," Patricia Evans, practice administrator, explains. "We designed our location to be accessible, to make the patient's experience as easy and pleasant as possible."



To contact South Hills Orthopedic Associates, visit [www.southhillsortho.com](http://www.southhillsortho.com) or call (412) 283-0260.

## Derrick Fluhme, MD, Named President of South Hills Orthopedic Surgery Associates

By Nancy Kennedy

Derrick Fluhme, M.D., has been named President of South Hills Orthopedic Surgery Associates (SHOSA). Fluhme is a board-certified orthopedic surgeon who has been in practice with SHOSA since 2005. He is the most senior member of the group and is firmly committed to maintaining SHOSA's high quality of care and leading the group into a very promising future. "My job as president is to see that we adhere to the highest standards. It's an honor to be president of SHOSA; I've been here for 13 years, along with Christopher Manning, M.D. We started together."

Over the years Fluhme has witnessed enormous advancements in orthopedic surgery, especially in joint replacement. Pre-operative care now receives far greater emphasis. "Patient education is paramount. We provide pre-op training so that the patient knows what to expect. Pre-op preparation includes optimizing the patient medically, getting them into the best condition possible. The screening process can reveal medical problems that must be under good control, such as diabetes, obesity or heart disease. This optimization reduces the complication rate, reduces risk of re-admission, shortens length of stay and avoids prolonged use of narcotics. It's critical to the entire process."

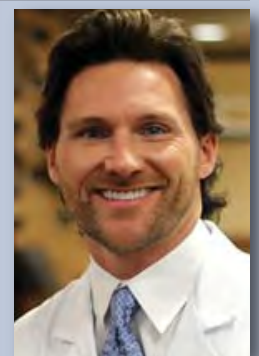
Intraoperatively, a multi-modal pain regimen greatly reduces post-op

pain and facilitates early discharge and successful rehab. New technologies enable far more efficient operations with smaller incisions. "Patients are so well managed in the O.R. that their post-op course goes smoothly," says Fluhme. "They no longer experience nausea or headaches as in the past, and we can initiate physical therapy faster."

Fluhme says that SHOSA physicians provide state-of-the-art care. "We stay tip-of-the-spear always in order to offer our patients the latest proven practices and technologies.

Orthopedics is dynamic and exciting: I can't wait to see what's coming next. Ten years from now, we might be re-building knees from the inside, without surgery, because of all the biologic options that are emerging. There is a lot on the horizon for SHOSA."

Fluhme says that being honored recently by the readers of the *Post-Gazette* as #1 orthopedic group is very special. "At SHOSA, we're all Pittsburghers. We could have chosen to practice anywhere, but we chose Pittsburgh because we want to help the people here. It's always an honor to care for people and improve the quality of their lives."



Dr. Derrick Fluhme

# BONE & JOINT

## Exercise Increases Bone Density

by *Shane Bombara, Clinical Coordinator,*  
*Washington Health System Wilfred R. Cameron Wellness Center*

Osteoporosis is one of the most prevalent bone diseases in the United States and affects millions of Americans every year. Osteoporosis is a disease characterized by having unusually low bone mineral density and weakening of the internal structure of the bone. Individuals suffering from osteoporosis are more likely to suffer from multiple fractures and therefore increasing the likelihood of having a higher rate of comorbidities to occur. Furthermore, osteoporosis is more prevalent in women than men.

Although osteoporosis is typically due to aging, there are other factors that influence its onset. Genetic abnormalities, hormonal disorders, tobacco use, nutrient deficiencies in Vitamin D, calcium and phosphorus, as well as increased intake of glucocorticoid medications are just some of the possible reasons one could be diagnosed with osteoporosis.

Those diagnosed with bone related diseases can look to treat their conditions with one of the most natural and healthiest ways possible: exercise.

It is well documented that regular physical activity has a variety of positive benefits on our health. Just like muscle, bone is also a living tissue that can be strengthened with routine exercise. Fortunately, physical activity has been shown to actually increase bone density, or at the very least, preserve it depending on the age of the individual.

In order to accomplish bone-building or preservation one has to present the body and the bones with weight-bearing exercise in order to overload these structures. Weight-bearing exercises would include weight training, walking, jogging, skipping, jumping rope, or dancing to name a few. While these activities can mitigate the risk of osteoporosis, strength-



ening of bones and muscles can also lead to increased balance, stability, and coordination – which can all be negatively impacted if weight-bearing exercise is excluded from an exercise regimen.

Adults should aim to get around 30 minutes a day of moderate regular physical activity and 60 minutes for adolescents and children. Walking is considered the optimal bone loading exercise and should be included in any program that is aiming to preserve bone density. There are a few factors to consider, though.

According to the American College of Sports Medicine, physical activity will only affect the area of the bone at the skeletal sites that are being stressed by the exercise. Also, activities that have a lot more impact than most like jumping, hopping, or skipping may increase bone mass more than low or moderate-intensity exercises, like a brisk walk.

In conclusion, although these diseases can be unfavorable, they can be addressed with an adequate amount of appropriate exercises.

**>** Interested in learning more or starting an exercise program? Call the **Washington Health System Wilfred R. Cameron Wellness Center** and speak to a representative, **(724) 250-5208**.



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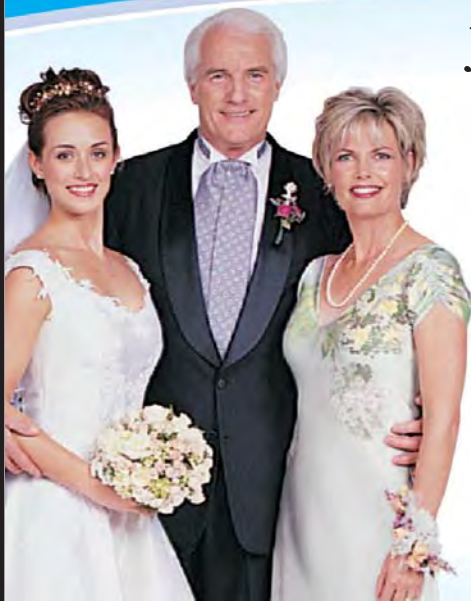


South Hills Orthopaedic Surgery Associates' team of highly trained medical professionals provides a wide variety of orthopaedic care to patients of all ages. All of our physicians are fellowship trained and provide state of the art care in total joint replacement, arthroscopic surgery, surgery of the shoulder, knee, hand, foot and ankle, spine surgery and sports medicine.

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## HEART HEALTH

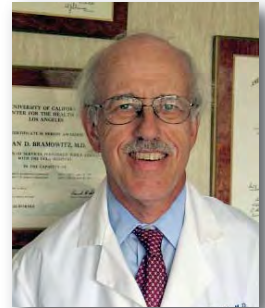
### Non-Compliance Can Mean Serious Consequences for Patients with Heart Disease

by Nancy Kennedy

When patients fail to comply with the medication regimen and lifestyle modifications that have been recommended by their healthcare providers, they are sabotaging their own health and recovery and causing frustration for their physicians. Non-compliance can undo the physician's efforts to help the patient and can cause avoidable and often serious complications that may lead to emergency room visits, hospital re-admission and worsening health.

Alan Bramowitz, M.D., is a board certified cardiologist with Jefferson Cardiology Association who cares for patients with many types of cardiovascular disease. He and his colleagues provide state-of-the-art diagnostic and therapeutic care to their patients, and that includes prescriptions and recommendations for lifestyle changes to support and improve their heart health. Dr. Bramowitz says that he is seeing an increase in non-compliance and this presents challenges to him and other healthcare providers. "Increasingly, I'm seeing patients who have undergone successful treatment for heart disease, including stent placement, angioplasty and open heart surgery. But they have not made the necessary adaptations to improve and maintain their health. Some are smoking again, or gaining weight with unhealthy eating habits; others are not following recommendations for exercising and some are even refusing to take the essential medications that have been prescribed. Some simply drop off, never returning for follow-up medical care. These behaviors defeat the benefits that were achieved through the medical intervention."

Non-compliance with prescriptions may be a financial matter, Dr. Bramowitz acknowledges, but often it is a matter of personal choice. It's a dangerous choice—for certain diagnoses, optimal medication management is essential. "Too many patients fail to understand this or simply refuse to comply," he explains. "In some situations, people take the uninformed advice of family members, neighbors and co-workers, or they find unprofessional advice on Internet sites. The Internet has some good medical web sites, but they are never a substitute



Dr. Alan Bramowitz

for the personal care provided by your physician. Compliance is essential and is the patient's responsibility."

"If you are not taking your meds, or you're taking them incorrectly because you cannot afford them, you should let us know that and we may be able to help with a less expensive prescription," he says. "It can also be that a patient is seeing multiple doctors and they may not know the patients full history or the recommended regimen. Many people seem to worry a lot about side effects. In fact, side effects are less common than benefits. A pharmacist should not tell patients about side effects when they are not involved clinically with that patient. This can mislead the patient. Even when there are side effects, they can be minor and short-lived. You have to weigh the benefits of the medication versus the side effects."

To address the problem of non-compliance, Dr. Bramowitz believes that improved doctor-patient communication is key. He urges patients to prepare for appointments by writing down their questions and concerns, and bringing a copy to the physician. He also encourages his patients to bring along an advocate—a family member or friend who can help the patient remember the exact instructions and can reinforce the doctor's recommendations.

"There is a spectrum. Some patients are quite compliant and follow the recommendations for diet and exercise, smoking cessation and taking medications exactly as prescribed. I know of a forum that took place with ten women who had all experienced cardiac events. All but one of them were omitting their medications, intentionally. Only one was compliant, taking her medica-

*(Continued on page 32.)*



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## Health Enhancing Thermography

### Is a thermal scan different than a mammogram or ultrasound?

A thermal scan is different than other diagnostic tests such as a mammogram or ultrasound. Thermal scans are a test of what is occurring at the cellular level. Thermal screening or thermography looks for physiological changes in our bodies by analyzing temperature and vascular patterns. Other diagnostic tests, such as a mammogram, ultrasound or MRI, look for a structure that is present in the body – like a tumor.

Everyone has their own unique thermal pattern. Changes to these patterns can indicate early stage abnormalities that accompany breast pathology, whether it is cancer, fibrocystic disease, an infection or a vascular disease. This is why it is important to keep a close eye on subtle changes to the temperatures and patterns that are unique to us.

Thermograms (the medical image that is produced) can aid your doctor in planning accordingly and developing a program to further diagnose and/or monitor your health. Thermography screenings are a great preventative screening tool to add to your health plan. Not only are they radiation-free, compression-free, and have no adverse effects, the test is something you can schedule on your own. You can then provide the

results to your physician.

If you are looking for a safe proactive screening tool to monitor your health or to receive a screening before you are eligible for standard diagnostic testing, thermography is an option to explore.

Utilizing a combination of diagnostic tools increases your chance of detecting abnormalities at an earlier stage. These methods include:

- ▶ Annual breast thermography screening for women of all ages
- ▶ Mammography when considered appropriate by a physician
- ▶ A regular breast examination by a health professional
- ▶ Monthly breast self-examination
- ▶ Personal awareness for changes in the breasts
- ▶ Readiness to discuss quickly any changes in breast health with a doctor

These guidelines should be considered along with your background and medical history.

(2015). Early Detection Guidelines. Retrieved from [http://www.thermologyonline.org/Breast/breast\\_thermography\\_detection.htm](http://www.thermologyonline.org/Breast/breast_thermography_detection.htm)



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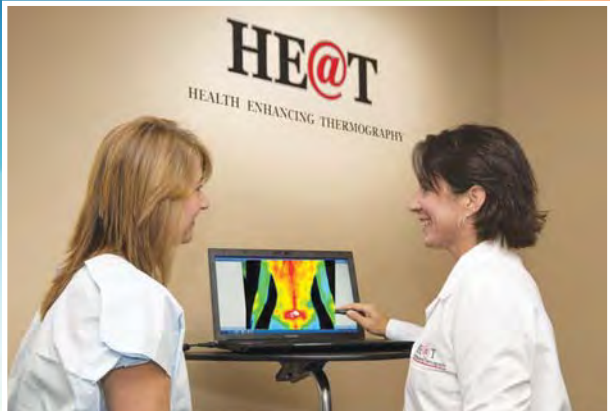
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## The Sweet Benefits of Breakfast

by Ned Ketyer, MD

You've heard it before: Breakfast is the most important meal of the day. For your children, it gets their "motors" going and provides energy for their bodies and brains to perform well in school.

There are many children and teenagers who don't start their school day with breakfast. Parents shouldn't allow them to make this mistake. Don't let your kids leave home without eating something: an apple or banana, some yogurt or peanut butter toast — even last night's pizza! And the more protein they get the better, so encourage them to drink the milk at the bottom of their cereal bowls.

Amy Norton of HealthDay News explains that a new study discovers the additional benefit of preventing obesity by eating breakfast each morning:

The findings are based on 347 healthy adults — 100 of whom said they either never ate breakfast or had it "infrequently" (one to four times a week). The rest ate breakfast five to seven days out of the week.

**People who skip breakfast are more likely to overeat later in the day — a pattern that has been linked to heavier weight.**

Those regular breakfast eaters were less likely to be obese at the outset. And breakfast eaters generally gained less weight over the 12-year study period.

People who said they never ate breakfast typically gained 8 pounds, while those who ate it infrequently gained 4.5 pounds. Meanwhile, people who usually ate breakfast gained just under 3 pounds, on average, the findings showed.

Norton touches on several reasons why breakfast eaters are less likely to gain excess weight:

Breakfast fans typically eat more whole grains, vegetables and fruit throughout the day, versus people who skip the morning meal. Their general food choices are more nutritious, and this can be indicative of why breakfast eaters have a healthier weight.

Study senior researcher Naima Covassin said breakfast eaters may differ from breakfast skippers in numerous ways. Besides making healthier food choices, she said, they may exercise more or drink less alcohol.

Still, there's evidence that the timing of meals — not only their content — matters, according to Covassin, a senior research fellow at the Mayo Clinic in Rochester, Minn.

For instance, she said, people who skip breakfast are more likely to overeat later in the day — a pattern that has been linked to heavier weight.

There are plenty of good reasons to start the day with a bite to eat and few, if any, reasons to skip breakfast altogether.



**> Ned Ketyer, M.D.**, one of the founding physicians at **Pediatric Alliance**, is the editor of the The PediaBlog ([www.thepediablog.com](http://www.thepediablog.com), [palblog@pediatricalliance.com](mailto:palblog@pediatricalliance.com)). For more information on Pediatric Alliance, visit [www.pediatricalliance.com](http://www.pediatricalliance.com).



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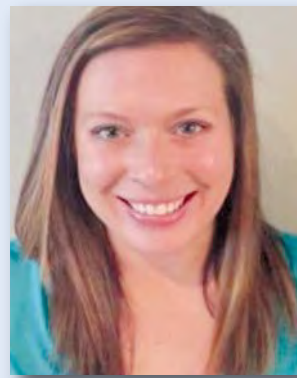
## Gestures and Language Skills

“Gestures are a significant step as a child begins to interact and communicate with others,” notes Kristi Keele, Pediatric Speech Language Pathologist at teli. “There is a strong link between a child’s early use of gestures and their ability to reach communication milestones.”

The use of gestures may begin to emerge between 9 to 12 months. “Opening and closing their hand repeatedly to receive, is their way of interacting and communicating that a child wants something,” notes Kristi. “A child may begin to clap their hands to show pride or excitement, raise their hand to wave bye bye”. By 18 months of age, a child can begin to combine gestures and words. “So the wave is accompanied by the words “bye bye” and a clap with an expressive “Yay!” notes Kristi.

**Play, talk, gesture, sing, laugh and enjoy your child by incorporating the following gestures into your child’s every day activities:**

- Sing songs such as “The Wheels on the Bus” that involve hand motions or “Head, Shoulders, Knees and Toes” that begin to help your child learn their body parts.
- Model “arms up” as an alternative to screaming to be lifted.
- Shake your head and pair with the word “No”.
- Play peekaboo with your child, covering your eyes and helping them do the same.
- Assist them with your hand over theirs to point to a book or toy.



**“I like to share with parents that there is a great deal of research that suggest gestures can accelerate your child’s communication skills.”**

*-Kristi Keele, M.S. CCC-SLP, therapist, The Early Learning Institute (teli)*

“I like to share with parents that there is a great deal of research that suggest gestures can accelerate your child’s communication skills,” explains Kristi.

**Some of the impacts seen include:**

- A child who uses more gestures tends to develop a larger vocabulary long term.
- A child who points to or shows an object is more likely to learn the word more quickly than a child who does not use gestures.
- A child will combine gestures with words before they combine words together.
- A child who has uses gestures is likely to have better storytelling abilities in the future.



If you have concerns regarding child’s use of gestures, consult with your healthcare professional and check out the teli website at [www.telipa.org](http://www.telipa.org).



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## Pace School Launches Groundbreaking PLAID Education Model for Students

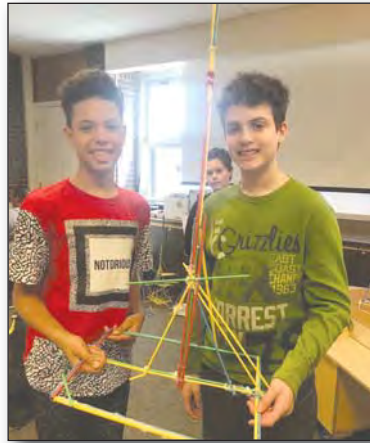
By Nancy Kennedy

Picture your favorite plaid shirt, scarf or even a blanket. It's undoubtedly colorful, and probably comforting in its orderly pattern of stripes and angles. Plaid pulls together different elements, with many colors and sizes of stripes, and weaves them together in a cohesive, crisscross pattern. At the places where the stripes overlap, new colors are created, and the whole becomes much more than its parts.

At Pace School, located in Churchill, PLAID is the ingenious name of a new education model that, much like the fabric, integrates different elements to create something new and wonderful. PLAID, which stands for Positive Learning and Integrated Design, is the most recent instructional model developed by Pace, which is known for its pioneering solutions and outstanding outcomes for students with disabilities. Since its beginnings 51 years ago, Pace School has been characterized by resourceful and creative thinking. That spirit has produced decades of growth and innovation that have had an enormous positive impact on students, their families and the community, and it continues to inspire Pace School in 2018.

PLAID is a holistic intervention and education model developed, piloted and researched by Pace. According to Tricia Norris, Pace School development manager, it is intended to provide comprehensive services to an expanded group: students in high school and early adulthood, up to age 21, in order to improve their quality of life beyond the school years. "Nationally, 8% of students with disabilities drop out of school between the ages of 14 and 21; they make up 18-20% of all dropouts and they are less likely to find a job, earn a living, and enjoy healthy, independent and fulfilling lives. The reasons for this are many and complex. For students attending Pace, few services exist to fill the gap and facilitate the transition to adulthood. The Pace PLAID program is designed to help these students have high quality lives by focusing on social emotional learning and academic skills simultaneously and preparing them to become good employees and members of the community," she explains.

The PLAID program is conceptually original: it consists of an Instructional Design Framework that weaves specific character development traits into the



academic program. In addition to learning math or reading, students are taught lessons in curiosity, empathy, enthusiasm, gratitude, grit, respect, responsibility and optimism. PLAID is a team effort, developed by Pace staff in collaboration with universities and supported by local foundations. In addition to the integration of character trait lessons into the academic program, the PLAID program utilizes hands-on, project based learning and a CREATE maker approach that provides opportunities to work with new technology and emphasizes STEAM careers – the basic STEM pathways, plus the arts.

"The teachers in the pilot program are embracing it," says Tricia Norris. "The PLAID instructional design framework leads to character development in a very intentional way. Focusing on character traits and soft skill development is essential not just for Pace students but for all students. Through PLAID students focus on skills that are absolutely necessary to have success beyond our walls. By not teaching these skills in isolation and creating a framework that includes them in every lesson, it will make a real difference in kids' outcomes and futures. The PLAID program is woven through our entire infrastructure."

Pace School is a state licensed Approved Private School and Partial Hospitalization Program that serves over 140 children in more than 40 school districts in seven counties at their campus in Churchill. With an expert team of teachers, mental health and support staff and parents, Pace School has nurtured and educated thousands of students and helped them overcome challenges to create successful and meaningful lives. "We envision a bright future for our students," says Tricia Norris. "The PLAID program is one more way that we are fulfilling our mission of helping our students thrive."



**"Through PLAID students focus on skills that are absolutely necessary to have success beyond our walls."**

-Tricia Norris

> To learn more about Pace School and the PLAID program, visit [www.paceschool.org](http://www.paceschool.org) or call (412) 244-1900.

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# CHILDREN'S HEALTH

## Preparing for the New School Year

By Justin Gerwick

There are many positive things about the summer. The sun is out, nature is lively, and the absence of school leaves plenty of free time. But there could be some things that you or your child might be worried about as the new school year quickly approaches. What will be different about school this year? Will all of your friends and favorite educators still be there? What will the bus ride be like? And maybe most importantly – has your child regressed on any of his or her skills? The transition to a new school year can be daunting, but it's a process that you and your child can help each other through.

Start simply. Have a conversation with your child about what may or may not have helped them last year. Is there a particular friend or educator that they connected with? Are there school supplies, stimulus toys or some other object that they felt more comfortable having on hand? If you can identify something that assures some comfortability for your child, it could give them something to look forward to and begin the easing process.

Next, work together to get coping skills back on track in time for the new school year. There's a chance that without the structure of school and the constant fine-tuning of skills, that your child may have regressed on some of the positives that he or she learned the year before. It's also possible that you may need to read through your child's education plan in order to refamiliarize yourself with goals that your child is working toward. Once you've identified those traits or goals, do some practice activities at home or have a conversation with your child about what they are excited or nervous about with the coming school year and how they should respond to



those feelings.

Now it's time to get the routine back in motion. Without the daily structure of school, your child's schedule has likely become inconsistent. So, help your child get back into the routine before the school year starts. Begin by having your child wake up in the morning at the time they would for school, have them dress and get ready the same way they would on a school day, and then drive them to school along the route that the bus will likely take. The time spent getting to and coming home from school can often be the most stressful part of a student's day. Help your child in

preparing for that ahead of time by practicing the trip and discussing what can be done to make that ride go as smoothly as possible.

Maybe the most important part of this whole preparation process will be to remember that your child still needs to have fun. While getting back into the routine and becoming as prepared as possible for the transition is important, an overly stressful process isn't going to produce results. Work with your child at their pace on this transition process, and make sure to discuss what makes your child comfortable or anxious and how to respond to those feelings.

*"Learn from yesterday, live for today, hope for tomorrow." – Albert Einstein.*

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# At Arc Human Services, Advocacy Means Helping People Help Themselves

By Nancy Kennedy

Everybody needs an advocate: someone who has your back and is looking out for your best interests, especially at times when you are vulnerable. An advocate supports you, speaks up for you, is loyal to you and helps you when you need help. An advocate can make a significant difference when you are facing one of life's transitions – an experience that confronts everyone at some point. For persons with intellectual and developmental disabilities, transitions can be especially challenging and advocacy is key to their successful outcomes.

At Arc Human Services in Washington County, an innovative non-profit agency that serves 500 participants and their families across eight Western Pennsylvania counties, advocacy is a cornerstone of the mission, elevated to an art, which facilitates the learning, growth and quality of life of participants of all ages.

At Arc, advocacy is a multi-layered concept: advocacy for others,

self-advocacy and advocacy for system change are all essential components of Arc's program. Darrilyn McCreery, director of advocacy, explains: "Arc Human Services is a chapter of Arc of Pennsylvania and Arc USA, and we promote the human rights of our participants through programs and services. At Arc, advocacy means getting out there and helping families and individuals navigate the systems and connect with resources in the community. People of all abilities should be able to participate fully in their communities, and that means working, socializing, enjoying recreational opportunities and volunteering. It's not easy – it's tough out there, with complex systems and cultures that have to be confronted and navigated, and these systems are always changing. Getting a job means not only learning how to do the job, but also how to interact with co-workers, use public transportation and manage your time."

Darrilyn McCreery and the Arc staff advocate by actively support-



ing the full inclusion of persons with intellectual and developmental disabilities in community life, and they also work to improve community systems, like the schools, healthcare and transportation systems, to be more responsive to the needs of the participants. They teach self-advocacy skills to participants, empowering them to use their own voices to speak up for themselves and to be fully involved in the decision-making for their own lives. Arc participants meet directly with local legislators, including State Senator Camera Bartolotta, to bring their issues to their attention. The Arc self-advocates have

brought concerns about transportation and accessibility in community establishments to her attention, using their own experiences and voices. Self-advocacy teaches participants self-awareness, problem solving and other skills that build confidence.

Another innovative way that Arc  
(Continued on following page.)



## Arc Human Services, Inc.



AHS serves people of all ages with intellectual and developmental disabilities and mental illness in a manner that allows them to fulfill their ambitions, protect their rights and foster meaningful relationships at home, at work and in their communities.



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- Family Homes
- Independent Living Homes

### What We Do

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- Behavior & Individualized Supports
- Community Supports
- Peer Mentorship & Advocacy
- Camp Laughalot

### Where We Work

Offer skill development and training so individuals can attain employment within their communities. Services include:

- Community Employment
- Student Transition
- Vocational Training

**Arc Human Services is hiring! Visit [www.aadvantageinc.org/careers](http://www.aadvantageinc.org/careers) to apply today.**

(Continued from previous page.)  
has accomplished this is through a program called "We Belong." This is a photo voice project, Darrilyn says, in which participants took photographs of locations throughout the community that appealed to them or had significance for them. The photos were enlarged and accompanied by narratives, and were displayed throughout the community. The personal stories had an impact, raising awareness of how different people can contribute to the community. Arc Human Services even had the photos made into a 2018 calendar, with each month featuring a photo taken by a participant. The calendars can be purchased from the web site.

Darrilyn McCreery has a degree in art therapy and has worked at Arc Human Services since 2005; she became the director of advocacy in 2017. She says that the agency is focused on awareness and acceptance, and that they are making inroads in dispelling misconceptions about persons with disabilities. "The business community has been mostly receptive. They may worry about whether the individuals will have the necessary skills, but our participants are well prepared. A person who is non-verbal will still have other ways to communicate."

Arc Human Services helps clients learn skills, find meaningful



**"Please ask us if you need help. We have so much to offer to help families with a comprehensive range of services, information and resources."**

*Darrilyn McCreery*

work, develop relationships with others, and participate in their communities, workplaces, neighborhoods, churches and other organizations. Darrilyn McCreery encourages people of all ages to reach out to Arc Human Services: "Please ask us if you need help. We have so much to offer to help families with a comprehensive range of services, information and resources. We believe that people of all abilities have the right to participate fully in their communities and we are here as your advocates in making that happen."

**>** For more information about **Arc Human Services**, visit [www.aadvantageinc.org](http://www.aadvantageinc.org).



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- Hold an ice pack on your cheek
- Avoid very hot or very cold food and beverages
- Apply over-the-counter benzocaine gel, available in several strengths at drugstores
- Put Vicks on your cheek, place a paper towel on a pillow, and lay your cheek against the pillow
- Try sucking on a menthol cough drop, which has a small amount of anesthetic
- Take ibuprofen for pain, especially if you have swelling plus pain
- If you broke a tooth, and you have the broken piece, place it in water or milk and get ASAP to the dentist!

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# Dog Therapy Lifts Spirit of Cancer Patient

By Lois Thomson

For the past few years, Lynette Tomasetti has struggled with multiple myeloma, a blood cancer that starts in the bone marrow's plasma cells. She has undergone radiation treatments, numerous rounds of chemo, and two stem cell transplants. She hasn't had many bright spots during her hospital visits, but not too long ago, she discovered something that brought her a little bit of joy: dog therapy.

Tomasetti was in Jefferson Hospital back in April for nearly a week, this time with pneumonia. She recalls, "I was just laying in my bed at the hospital and a lady came in with a big, black dog. She asked for permission if she could come in with Arianna, her therapy dog." Arianna is a 95-pound Rottweiler, and Tomasetti said, "She is massive, and she looks even bigger than 95 pounds. I'm not really into big dogs, but she is so gentle and kind. She was dressed up like a ballerina. I could not believe how much it helped me. I had been in the hospital quite a few days at that point, and it's true, she really lifted my spirits."

Arianna's owner, Laura Sokolovic, is Director of Public Relations and Pet Therapy at Three Rivers Hospice, a division of Quality Life Services. She has been involved with pet therapy for 18 years, starting first with her Rottweiler, Athena; then when Athena passed, Anastasia, and now Arianna. She also owns Sebastian, a French mastiff. Because the size of the dogs



Lynette Tomasetti with Arianna and Sebastian



Front row (l-r): Sheila Halter, Jaime Gerst, Stacy Gerst, Lynette Tomasetti, Rosie Pesacreta, Becca Kubiczki. Back row standing: Pam Hart, Barb Dawson, Sheila DiPerna. And special guests Arianna and Sebastian

could be a bit intimidating, Sokolovic said she started dressing them up. "I thought, 'How could I soften them up a little,' so they wear bows or scarves or glasses. Some people were taken a little aback at first, but then they started cracking up. Arianna even gets fitted for outfits."

She takes them to nursing homes and hospitals, and even schools. Sokolovic pointed out that Sebastian has had health issues and various surgeries. "He has three legs, and amputees can really bond with him. He encourages them, and people can feel the love."

Sokolovic and her dogs visited Tomasetti at West Penn during another hospital stay, and Sokolovic also offered to take them to Tomasetti's home. Tomasetti exclaimed, "They're too beautiful just for me," and asked if she could invite a few family and friends to a little luncheon. "So that's how I had a dog therapy party. I wanted people to be aware of how much a therapy dog can help."

While large dogs like Laura Sokolovic's Rottweiler Arianna might be intimidating, Sokolovic said they are her preference for pet therapy. "Bigger dogs are better. Nobody is going to hurt them, like by pulling their ears or doing anything to them. They are perfect for wheelchair height, and can put their paws up on the bed so people can pet them. And it makes me feel good to be a good ambassador for that breed."

> For more information on pet therapy, call (724) 431-0770 or visit [www.qualityliveservices.com](http://www.qualityliveservices.com).

## Non-Compliance Can Mean Serious Consequences

(Continued from page 20.)

tions as her cardiologist prescribed them. Ten years later, she is the only one of the group who is still alive."

Dr. Bramowitz understands that lifestyle change is difficult, and that smoking cessation and weight loss are difficult to achieve and maintain. "My approach is to speak with each patient individually, providing information and emphasizing the importance of adhering to the medication regimen. I try to communicate the goals to the patient and help them understand that this part is their responsibility. If you don't understand some aspect of your treatment, ask us to explain it. Compliance with medications and lifestyle changes are critically important to your health, safety and well-being."

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# Senior Guide

- Senior Cruises and Travel • Laser Cataract Surgery
- Senior Housing • Senior Resources • Memory Care
- Senior Services that Support Independent Living
- Adult Day Services • Hospice

## VITAS Brings Hospice Care Home

By **Evalisa McClure, BSN, RN**

VITAS can bring hospice services to you or your loved one, in the place that's most comfortable — home. And we're experts at managing the transition from hospital to your home, from curative to palliative care.

### A philosophy, not a place

Many believe hospice is a place where patients go to receive end-of-life care. This is not true. Hospice is a philosophy of care that focuses on enhancing comfort and overall quality of life during the last months, weeks and days of life. It can happen anywhere.

Hospice treats physical symptoms, manages pain and addresses

emotional and spiritual concerns. All year long, patients receiving hospice services have the time and opportunity to make memories with their families.

### There's a team at their side

An interdisciplinary hospice team—physician, nurse, hospice aide, chaplain, social worker and volunteer—brings clinical, compassionate care to the bedside.

When the patient is in a private residence, the team comes to the home. Along with caring for the patient, they get to know the family and provide caregiver education along with emotional and spiritual support.

For residents of an assisted living

community or nursing home, hospice services complement the care they are already receiving. The staff of the facility is regarded as an extension of the patient's family and receives the same educational and emotional support, including bereavement services after the death.

### What If symptoms become difficult to control?

If symptoms—pain, nausea or confusion, for example—worsen, hospice helps the patient remain at home by providing shifts of continuous care in your home for up to 24 hours a day. This eliminates the need to go to the emergency room



and ensures that hospice patients remain at home in comfort and with the dignity everyone deserves.

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**Evalisa McClure** is VITAS Pittsburgh General Manager. For more information, contact **VITAS Healthcare** at (800) 723-3233 or visit **VITAS.com**.

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VITAS has the resources to bring end-of-life care to patients and families in Western Pennsylvania coping with serious illness.

- A member of the hospice team visits an average of 5+ times every week
- When necessary, we provide shifts of care at home for up to 24 hours/day
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# Senior Guide

## TAKE A BREAK

Are you a full-time caregiver for someone living with Alzheimer's or dementia? A little breather may be just what you need.



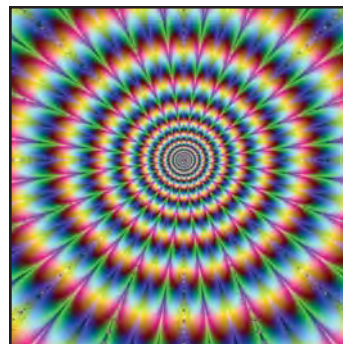
Alzheimer's disease is life-changing for both those who are diagnosed and those close to them. Having a helping hand when you need it is key to keeping yourself, and your loved one living with dementia, healthy and happy. When you need a break, consider Adult Day Services. Not only is it good for you, but it's good for your loved one.

According to Caring.com, Adult Day Services offer respite outside of the home with programs that are designed to benefit both the person using the services and, especially in the case of Alzheimer's disease, that person's caregiver. Adult Day Services are best suited for those who have lost a degree of independence, but are still mobile and engaged and would enjoy structured activities in a safe, supportive environment.

### CONSIDER ADULT DAY SERVICES IF:

- You are a full-time caregiver: Adult Day Services can provide a much needed break. While your loved one is at adult day, you'll have time to rest, run errands or finish other tasks.
- You work during the day: Adult Day Services can help you to balance a job with caregiving duties.
- You want a safe, caring environment for your loved one: Adult Day Service is a chance for your loved one to share time with their peers. It provides a chance for them to be social and to participate in engaging activities such as music and exercise programs, as well as fun outings.

> Did you know that **Woodside Place of Presbyterian SeniorCare Network** in Oakmont offers **Adult Day Services**? We are here to help! If you have questions about our half and full day options for Adult Day Service at Woodside Place, give us a call at **(877) 851-1440**.



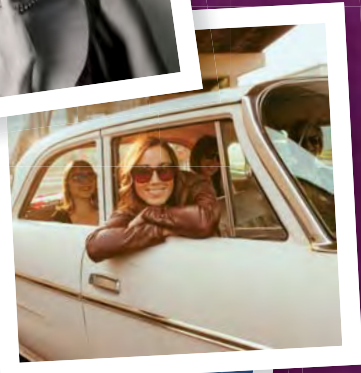
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# Senior Guide

## The World Awaits You, and Kathy Shoaf Can Take You There Elite Supported Senior Cruises Offers Accessible World Travel and Unforgettable Memories for Everyone

By Nancy Kennedy

Meeting Kathy Shoaf can be a life-changing experience. Ms. Shoaf, RN, BSN, ATP is the founder and owner of Elite Cruises and Vacations, a travel agency like no other. She specializes in planning cruises and land vacations for persons who may think such a thing is impossible, due to health conditions, mobility challenges, memory loss and other concerns. But Kathy knows that major problems often have simple solutions, and that it can take just a little bit of extra help to make a dream come true. She is passionate in her belief that travel is essential to a fully lived and enjoyed life, and she has created a unique travel agency that provides safe, supportive and joyful travel opportunities for virtually anyone.

Kathy's company, Elite Cruises and Vacations LLC, is a Cruise Planners/American Express Travel Agency franchise with a sterling

reputation for quality, service and competitive prices. Kathy and her staff create customized vacation packages that are designed to address special needs, provide that little bit of support, and provide full accessibility, often for those who have never traveled or who thought their travel days were over. "I have a passion for helping people enjoy their lives," she says. "I absolutely believe that you can still enjoy life and create wonderful memories in your senior years, even with health challenges. I focus on what we still CAN do. We won't have these moments again' is a theme for us, for the person and often their caregiver and family. We give them an experience to cherish for a lifetime."

Elite Cruises and Vacations takes groups all over the world, to Alaska, Hawaii, the Caribbean, New England, Europe and other destinations. The seven to ten day cruises leave from many ports, including Miami, New York, and



Seattle. A registered nurse, Kathy accompanies every group, and she has a nurse practitioner/photographer, a mobility specialist, a pharmacist/dentist and geriatric health-care aides on her team. She and her staff welcome those who use assistive devices and medical equipment, including oxygen, special beds, lift chairs and more. The ships have accessible cabins and

will provide special equipment such as shower benches and elevated toilet seats. "We are problem-solvers. We seek to work with those who have challenges," she says. "We will help you every step of the way, so you can experience shore trips, enjoy dinner with family and friends or go to the pool." Power

(Continued on following page.)

## Elite Supported Senior Travel

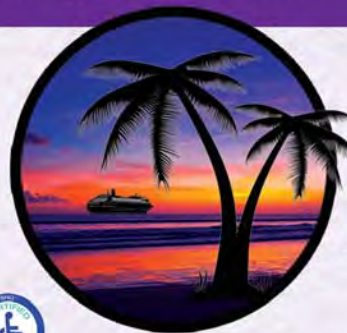
Travel Opportunities are No Longer a Thing of the Past



**Kathy Shoaf, RN, BSN, ATP**  
Owner - Elite Cruises & Vacations, LLC  
Cruise Director - Travel Professional

### Elite Travel Groups Include:

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*"We will never  
have these  
moments again"*



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Short term memory loss, diabetes, mobility deficits, COPD, arthritis, Alzheimer's, Parkinson's, heart issues, and those who simply need a little bit of assistance... these group cruise events are for you!

We are always happy to answer questions and facilitate new ideas!

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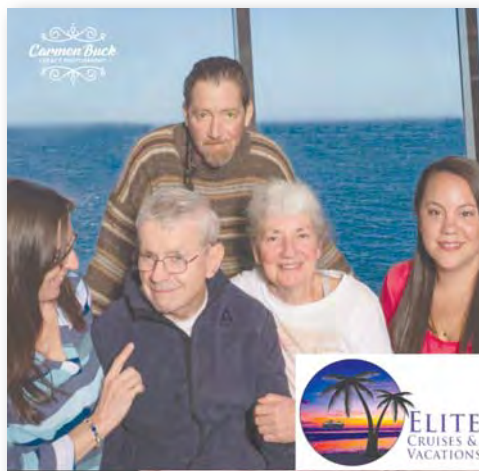
# Senior Guide

(Continued from previous page.)

mobility devices can be rented for the duration of the cruise.

There are misconceptions about supported travel, Kathy says. "Some people wonder about the safety of travel for someone with short term memory loss or someone who cannot walk. We know that these things can be managed, and the person can have a great experience. Even if a person with dementia does not remember the trip, they can have a wonderful time in the moment – and that's what is important." Her cruise events include respite sessions for caregivers and daily senior Zumba classes.

As a nurse who specialized in geriatrics, Kathy witnessed the sadness and disappointment of aging individuals who felt that their lives were over. She listened to their regrets and stories of missed opportunities, and knew that it did not have to be this way. She was inspired to act on that belief, starting out as a consultant to a Texas travel agency. She soon realized that this was her life's mission, and she purchased a franchise so that she could create her own brand of supported senior travel. Now she is a Certified Special Needs Travel Agent and her agency has been honored with numerous awards. She has two cruises remaining for 2018 and ten trips planned for 2019.



A powerhouse of a woman, Kathy exudes vitality and enthusiasm. She is highly accomplished and remarkably versatile: she is a registered nurse, healthcare administrator, consultant, travel agent, and entrepreneur and business owner. Many of her clients might add "magician" or "miracle worker" to that list. Above all, she is a true visionary who turned her life's passion into a successful and thriving business. By combining her altruism with a nurse's pragmatism and expertise, and her zest for world travel, she has opened doors to the world for thousands of grateful people.

## Mark Your Calendar: Southwestern Pennsylvania Partnership for Aging Annual Conference Set for Oct. 16

Now in its 28th year, The Southwestern Pennsylvania Partnership for Aging (SWPPA) is pleased to announce the 2018 Annual Conference at The Hilton Garden Inn Pittsburgh/ Southpointe on Tuesday, October 16. This year's theme is *Embracing Aging*.

A highlight of the conference will be the keynote address, "Embracing Aging: Reclaiming Your Inner David to Find Purpose, Promise and Peace of Mind in a World of Goliaths," presented by Rawle Andrews Jr., Esq. Andrews is the Regional Vice President of AARP.

This year's conference will be expanded to include concurrent sessions to increase educational opportunities. Additional presentation topics include: Holistic Well-Being, Addiction in Older Adults, Embracing the LGBT Older Adult, Age-Friendly Community Update, Successful Strategies for Recruitment and Retention Panel, Cost of Aging, Regulatory Updates, and Community Health Choices Panel (Lessons Learned from Western Pennsylvania roll-out).

To attend or exhibit at the conference, email [conference@swppa.org](mailto:conference@swppa.org) or visit <https://www.swppa.org/education/>



To start planning your perfect, unforgettable vacation and joyful memories, visit [www.EliteCruisesAndVacationsTravel.com](http://www.EliteCruisesAndVacationsTravel.com) or call Kathy at 219-608-2002.



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412-466-7755

### The Oaks Retirement Residence

2967 Jacks Run Road  
White Oak, PA 15131  
412-675-0412

### Woodcrest Retirement Residence

1502 Woodcrest Ave.  
Moon, PA 15108  
412-264-0918

### Morningside Crossing

1808 Jancey Street  
Pittsburgh, PA 15206  
412-441-1140

### Retirement Residence of Glassport

220 Erie Ave.  
Glassport, PA 15045  
412-999-1051

Opening  
Summer  
2018!

Opening  
Summer  
2018!



Congregate Management Services  
CMS Housing

[www.cmshousing.com](http://www.cmshousing.com)  
TDD (800) 545-1833



# Senior Guide

## Live In Your Home, Not a Nursing Home At Senior LIFE, our goal is to help you stay in your own home

It can be a struggle to find an alternative to a nursing home that allows older adults to live in their home independently but still get the care that they need. That's why there's Senior LIFE.

Senior LIFE is the local LIFE (Living Independence for the Elderly) Program that provides healthcare and personal support services for seniors who want to continue to live in their home and not a nursing home.

Services include access to the LIFE Health and Wellness Center, medical care, home care, therapies, medications, transportation, and much more. To make life even easier, Senior LIFE provides and coordinates all Medicare and Medicaid benefits through a single network, so seniors don't have to deal with multiple insurance companies or care managers. Members have their own nurse, social worker, and the doctors even make house calls.

### Why seniors are picking the LIFE program.

Members, their family, and Senior LIFE staff see the program's positive effects every day. Tina McLee, a Senior LIFE social worker, described a new member's experience by saying,

"When Bill came to Senior LIFE, he had been in the hospital followed by a nursing home stay three times in three months. It was a vicious cycle for him. Now after five years in the LIFE

program, Bill is healthier, happier, and has not had any nursing home stays." What does Bill think? "I give credit to Senior LIFE," he said, "for me still being alive."

Before Senior LIFE, Cindy, the wife of a LIFE member, was drowning in medical bills and the stress of caring for her husband was taking a toll on her. Because of their income, she didn't think they would qualify for long-term care Medicaid. With the help of a Senior LIFE outreach coordinator, Cindy was happy to learn that she did qualify for Medicaid. Now, with the care and services provided by Senior LIFE staff, Cindy's husband has eliminated all of the medical bills, and her stress has been relieved. Cindy can now continue to work outside the home and doesn't have to worry about her husband getting good care or how she is going to pay for it. According to Cindy, "Senior LIFE has been caring and most helpful to us."

### Is Senior LIFE right for you?

To be eligible for Senior LIFE, you must:

- Be age 55 or older
- Be determined as medically eligible
- Live in an area served by Senior LIFE



- Be able to live safely in the community
- More benefits
- No cost to enroll
- No co pays
- No deductibles

Has your healthcare coverage changed? If you've been affected by changes to your healthcare coverage or

been auto-assigned to a Medicaid Plan, it's not too late to explore an alternative option. You can select the LIFE Program at any time.



Call today to schedule your FREE LUNCH and TOUR of your local LIFE Health and Wellness Center. Complimentary transportation provided.  
**1-877-998-LIFE (5433)**



## Live at home, not a nursing home. See why more seniors are selecting Senior LIFE.

Senior LIFE is the local LIFE Program that provides healthcare and personal support services for seniors who want to continue to live in their home and not a nursing home.

Services include access to the LIFE Health and Wellness Center, medical care, home care, transportation, and much more. Senior LIFE also provides and coordinates all Medicare and Medicaid benefits through a single network.

- ✓ No cost to enroll
- ✓ No co pays
- ✓ No deductibles

If you've been affected by changes to your healthcare coverage, it's not too late to explore an alternative option. You can select the LIFE Program at any time.

Call today to schedule your FREE LUNCH and TOUR of your local LIFE Health and Wellness Center. Complimentary transportation provided.

**SeniorLIFEPA.com • 1-877-998-LIFE (5433)**  
**Home Today. Home for LIFE.**



## Taking a Closer Look Laser Cataract Surgery and Multifocal Lens Technology at Scott & Christie Eyecare Associates

*William C. Christie, MD is an ophthalmologist for Scott & Christie Eyecare Associates. Doctor Christie has been performing the multifocal lens implant cataract surgery for over twelve years. As the Director for the Clinical Research Institute, he oversees one of the largest clinical research sites in the United States, performing clinical studies for new multifocal technology.*



Growing older has its perks. Just ask Hannah Bulger and she'll tell you that life on the retirement circuit is pretty good. It's been nearly a year since this former medical technologist left the 9-to-5 routine, and so far, she says, "I've been able to travel, watch the grandkids, go golfing, get to the gym and read like crazy. It's been great."

Of course, growing older comes with its share of challenges—like dealing with cataracts. According to the Academy of American Ophthalmology,

by age 40 more than 24 million Americans will start to experience the cloudy or blurred vision, sensitivity to light and glare and the yellowing and fading of colors associated with cataracts. By age 75, that number increases exponentially.

Hannah was one of those millions. "My eyesight started to decline in my early '40s," she says. "As I got older, my eyesight got worse."

Before long, she was wearing glasses all the time and feeling less and less comfortable driving at night. So about five years ago, she scheduled an appointment with Scott & Christie Eyecare Associates. She wanted to talk about LASIK surgery, but the conversation quickly moved in a different direction.

She was going to need cataract surgery sooner rather than later, William Christie, M.D. explained. He then discussed the options.

***The traditional cataract procedure uses monofocal implants, improving distance vision, but most patients still require reading glasses for up-close or intermediate tasks after surgery.***

***By contrast, multi-focal cataract surgery provides for a full range of vision (near, intermediate and distance), virtually eliminating or reducing the dependency on corrective eyewear.***

After doing her homework (actually Hannah's daughter, an optometrist, did most of the research), Hannah felt comfortable and confident in choosing the multifocal surgery.

***Nowadays, she's more focused on her golf game than her vision. "It's the best thing I ever did," Hannah says. "I haven't had to buy contact lenses or readers in five years. I feel like I'm 20 again."***



Hannah Bulger



Two locations to serve you:  
724-772-5420 | Cranberry  
412-782-0400 | Fox Chapel

For more information, visit  
[www.scottandchristie.com](http://www.scottandchristie.com)

# NOW OPEN *for tours*



## **BRAND NEW** *Memory Care Residence* **IN SOUTH HILLS!**

Artis Senior Living is a place where people living with a cognitive disorder can feel respected, heard, engaged, and hopeful.

Our team is highly experienced with dementia and is totally focused on helping each resident find meaning and joy every day.

We believe in the power of strong partnerships to create a memory care environment that fulfills and sustains residents, families, and care associates alike. Through daily opportunities for two-way communication, we form successful partnerships empowering residents to participate in their own care and receive the individual consideration they deserve.

***Schedule a tour to see how Artis Senior Living is elevating and enriching residential memory care.***

*Welcome to the neighborhood - welcome home.*

1001 Higbee Drive Bethel Park, PA 15102 • 412.595.8917  
[www.artisseniorliving.com](http://www.artisseniorliving.com)

***Creating positive partnerships the Artis way***

 An Equal Opportunity Employer-M/F/D/V





# Ask The Experts **EXPERT / Personal Care**

## The Community at Holy Family Manor

### How do you choose the right personal care home?

It is important to remember that the appearance is not always going to provide the best care for their parent. We need to remember that our parents grew up in an older time – maybe the 50's or 60's. The décor then was not what it is now, and this sometimes can make them feel out of place. The goal is to find a place that fits your loved ones personality and preferences – not the family that is searching.

### What care is expected from personal care staff?

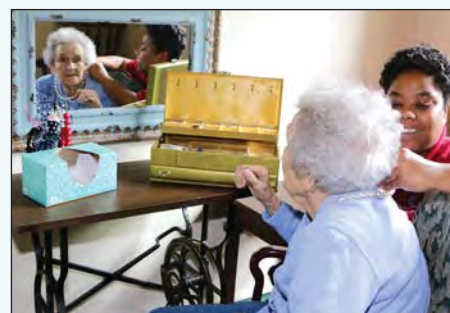
Typically, the care that is provided in a personal care home setting is Assistance with Activities of Daily Living (ADL). ADL is the care that is provided on a daily basis; morning and evening care, showers, medication administration, incontinence care, escorts, and transfer assistance.

### What are extra charges?

Sometimes communities will charge additional fees for providing different levels of care. The community may have a base price for the room and then charge additional fees for additional care and medication management. In addition, there may be fees for pendants, phone, internet, cable, and laundry services.

### Do personal care homes take Medicare/Medicaid or other insurance coverage?

Personal care homes are private pay communities. Some resources that can help cover the cost of care in a personal care home are Veteran's benefits (anyone who served during an active war time and their spouse) and long term care insurance.



The **Community at Holy Family Manor** Personal Care Home is committed to meeting residents' needs in body, mind, and spirit. They staff above the state required minimums and provide on-going staff training to ensure high quality care and quality of life for your loved one. If interested in learning more, call (412) 931-6996 or visit the website [Chfmanor.org](http://Chfmanor.org)

Need help choosing a healthcare provider? Check out our Healthcare Directory at [www.guidetogoodhealth.com](http://www.guidetogoodhealth.com).

# Holy Family Manor



To learn more and arrange a tour call or visit our website

- Personal Care, Memory Care, Respite Care
- Private rooms with powder room and ample storage
- Call bells in bedroom and powder room
- Large communal dining room
- Large activity area
- Large outdoor patios
- Social lounge with beautiful views
- Daily Catholic Mass
- 7- Day a week activity program
- Intergenerational programming
- Beauty salon
- Assistance with daily activities
- Assistance with Medication Management



The Community at Holy Family Manor  
Personal Care Home  
301 Nazareth Way Pittsburgh, PA 15229  
412-931-6996  
[Chfmanor.org](http://Chfmanor.org)

# 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](mailto:goodhealthmag@aol.com).

## CARDIAC & VASCULAR CARE

**Jefferson Cardiology Association**  
412-469-1500  
[www.jeffersoncardiology.com](http://www.jeffersoncardiology.com)

## CHILDREN, SPECIAL NEEDS, EARLY INTERVENTION

**Watson Institute**  
(866) 893-4751  
[www.thewatsoninstitute.org](http://www.thewatsoninstitute.org)

**teli**  
412-922-8322 • [www.telipa.org](http://www.telipa.org)  
Early Intervention for children and adolescents

**Every Child, Inc**  
412-665-0600 [www.everychildinc.org](http://www.everychildinc.org)  
Foster Care • Adoption • Family Support Services • In-Home Behavioral Health Care with Autism Enhancement

**New Story**  
877-622-7245 • [www.newstory.com](http://www.newstory.com)  
Locations in Clearfield, Dubois, Indiana and Monroeville.

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

## ADULTS/DISABILITIES

**Arc Human Services, Inc**  
[www.aadvantageinc.org](http://www.aadvantageinc.org)

## DIABETES

**St. Clair Hospital Diabetes Center**  
412-942-2151 • [www.stclair.org](http://www.stclair.org)

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

## DIALYSIS

**Dialysis Clinic, Inc.**  
[www.dciinc.org](http://www.dciinc.org)  
The nation's largest non-profit dialysis provider with 26 locations in Western Pennsylvania

## ESSENTIAL OILS

**doTERRA Essential Oils**  
Brenda Confer • 724-448-2733  
[my.doterra.com/brendaconferr11](http://my.doterra.com/brendaconferr11)

## EYE CARE

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

## EYE CARE

**Scott & Christie Eyecare Associates**  
Cranberry Township • 724.772.5420  
Fox Chapel Plaza • 412.782.0400  
[www.scottandchristie.com](http://www.scottandchristie.com)

## HEALTH, WELLNESS AND FITNESS CENTERS

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

**Wilfred R. Cameron Wellness Center**  
724-250-5208  
[www.wrcameronwellness.org](http://www.wrcameronwellness.org)  
[www.facebook.com/CameronWellness](http://www.facebook.com/CameronWellness)  
70,000 square-foot facility featuring state-of-the-art cardio and resistance equipment, climbing wall, indoor track, lap pool, therapy pool, whirlpool, sauna, steam room, basketball court/gymnasium, spin/aerobics.

## HEALTHY EATING

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

## HOSPITALS

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

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

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

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

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

## HYPNOSIS

**Jan Lee Hypnosis**  
724-351-1242

## IMAGING

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

## IMAGING

**HealthPlex Imaging**  
724-379-1900  
800 Plaza Drive, Suite 150  
Rostraver, PA 15012  
See our ad on page 12.

## St. Clair Hospital Diagnostic Imaging Services

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

## MATTRESSES/LIFT CHAIRS

**Sleep Pittsburgh**  
412-462-7858 Homestead  
[www.SleepPittsburgh.com](http://www.SleepPittsburgh.com)  
Guaranteed lowest prices on mattresses, futons, bunk beds, life chairs and more

## MEDICAL EQUIPMENT

**Clarke Health Care**  
888-347-4537  
[www.clarkehealthcare.com](http://www.clarkehealthcare.com)  
Products, Providers of Rehabilitation Solutions and Durable Medical Equipment

## MENTAL HEALTH

**Ohio Valley Hospital Inpatient and Outpatient Psychiatry**  
412-458-1331  
[www.ohiovalleyhospital.org](http://www.ohiovalleyhospital.org)

## NUTRITION COUNSELING

**Wilfred R. Cameron Wellness Center**  
724-250-5207  
[www.wrcameronwellness.org](http://www.wrcameronwellness.org)  
[www.facebook.com/CameronWellness](http://www.facebook.com/CameronWellness)

## ORTHOPEDICS

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

**St. Clair Hospital Center for Orthopedics**  
412-942-4000  
[stclair.org](http://stclair.org)

**South Hills Orthopaedic Surgery Associates**  
412-283-0260  
[www.southhillortho.com](http://www.southhillortho.com)

## ORTHOPEDICS

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

## PAIN MANAGEMENT

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

## PEDIATRICS

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

**WHS Washington Pediatrics**  
724-250-6001 • [www.whs.org](http://www.whs.org)

## PHYSICIANS

**Ohio Valley Primary Care**  
412-458-5696

**Preferred Primary Care Physicians**  
McMurray - 724-941-8877  
Pittsburgh - 412-561-3452  
A growing primary care group serving the South Hills for almost 40 years.

**St. Clair Medical Services**  
[www.stclair.org](http://www.stclair.org)

**Washington Physician Hospital Organization Provider Network**  
[whs.org](http://whs.org) (See pages 21-24)

## PODIATRY

**Achilles Foot Care: Patrick D. Roberto, DPM**  
[www.achillesfootcare.com](http://www.achillesfootcare.com)  
412-372-7100

## REHABILITATION

**HEALTHSOUTH Rehabilitation Hospitals of Pittsburgh**  
Harmarville - Sewickley  
[demandhealthsouth.com](http://demandhealthsouth.com)  
877-937-7342

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

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

## SCHOOLS

**Pace School**  
412-244-1900  
[www.paceschool.org](http://www.paceschool.org)

## SCHOOLS

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

**Watson Institute**  
(866) 893-4751  
[www.thewatsoninstitute.org](http://www.thewatsoninstitute.org)

**Western Pennsylvania School for Deaf**  
[www.wpsd.org](http://www.wpsd.org)

## SPA SERVICES

**Spa Harmony At the Wilfred R. Cameron Wellness Center**  
724-250-5238  
[www.spaharmony.org](http://www.spaharmony.org)  
[facebook.com/spaharmonyCWC](http://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.

## TRAVEL-ACCESSIBLE

**Elite Cruises and Vacations LLC**  
219-608-2002  
[EliteCruisesAndVacationsTravel.com](http://EliteCruisesAndVacationsTravel.com)

**The Relaxed Explorer**  
412-386-8730  
[www.therelaxedexplorer.com](http://www.therelaxedexplorer.com)  
Specialize in accessible, guided small group tours.

## WOMEN'S HEALTH

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

## WOUND CARE

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

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

## YOGA & PILATES

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



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

# SENIOR RESOURCES

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



## ACCESSIBLE TRAVEL

**Elite Cruises and Vacations LLC**  
219-608-2002  
EliteCruisesAndVacationsTravel.com

## **The Relaxed Explorer**

412-386-8730  
www.therelaxedexplorer.com  
Specialize in accessible, guided small group tours.

## ADULT & SENIOR CARE

### **Washington Health System Internal Medicine**

724-229-7570 • www.whs.org

## EYE CARE

### **Blind & Vision Rehabilitation Services of Pittsburgh**

412-368-4400 x 2231  
www.bvrsppittsburgh.org

### **Scott & Christie Eyecare Associates**

Cranberry Township • 724.772.5420  
Fox Chapel Plaza • 412.782.0400  
www.scottandchristie.com  
Cataract Surgery

## HOSPICE/PALLIATIVE CARE

**VITAS Healthcare**  
800-723-3233  
VITAS.com

## MEDICAL EQUIPMENT

**Clarke Health Care**  
888-347-4537  
www.clarkehealthcare.com  
Products, Providers of Rehabilitation Solutions  
and Durable Medical Equipment

## MEDICARE

**FOCUS Senior Benefits**  
412-446-2491  
Focusseniorenbenefits.com

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

## MEMORY CARE

### **Artis Senior Living South Hills Memory Care by Design**

(412) 595-8917  
1001 Higbee Drive, Bethel Park  
www.artisseniorliving.com

## PERSONAL CARE

### **The Community at Holy Family Manor**

(412) 931-6996  
301 Nazareth Way, Pittsburgh  
www.chfmanor.org  
Personal Care, Memory Care and Respite Care

## SENIOR HOUSING

### **Christian Housing**

412-646-5193  
www.christian-housing.org  
See ad inside this issue for list  
of apartments.

### **CMS Housing**

800-545-1833  
www.cmshousing.com  
See ad inside this issue for list  
of apartments.

## SENIOR SERVICES

### **SeniorLIFE**

1-877-998-LIFE (5433)  
www.SeniorLifePA.com  
Locations in Washington, Greene and  
Uniontown.

## SENIOR SERVICES

### **Presbyterian SeniorCare**

877-851-1440 • www.SrCare.org  
Oakmont: 1-877-740-2179  
Washington: 724-566-5132  
Care Communities offering Personal Care,  
Rehab and Skilled Nursing; Continuing Care  
Retirement Communities; Home and  
Community Based Services, and Supportive  
and Affordable Housing.

## SKILLED NURSING AND REHABILITATION

### **MedBridge at ManorCare**

medbridgerehab.com  
Rehab that gets you back to living  
ManorCare Bethel Park 412-831-6050  
ManorCare Greentree 412-344-7744  
ManorCare Monroeville 412-856-7071  
ManorCare North Hills 412-369-9955  
ManorCare Northside 412-323-0420  
ManorCare Peters Twp 724-941-3080  
ManorCare Pittsburgh 412-665-2400  
ManorCare Shadyside 412-362-3500  
ManorCare Whitehall 412-884-3500

Visit [www.guidetogoodhealth.com](http://www.guidetogoodhealth.com) for more local health resources for you and your family!



The ManorCare Health Services team  
got me stronger and made sure I understood  
what I needed to get home safely.”

—Jennifer

## On your **Road to Recovery**

choose ManorCare Health Services

You chose your doctor, you chose your hospital.  
Make sure you choose the right rehab provider  
to get you back on the road to recovery.

**After surgery, illness or injury,  
ask for ManorCare Health Services.**



[manorcare.com](http://manorcare.com)

**9 centers  
across the  
Pittsburgh  
area:**

**Bethel Park  
Greentree  
Monroeville  
Northside  
North Hills  
Peters Township  
Pittsburgh  
Shadyside  
Whitehall**

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information:  
**412.498.9375**

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Frank A. Civitarese, D.O.

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