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Western Pennsylvania **Guide to Good Health**

Tips for Eating Healthy When Eating Out

A Nutritionist Can Help You Achieve Your Wellness Goals

Want A Memory Boost? Try A Hearing Test

Senior Guide
Home Care, Hospice, Independent Living Services, Rehabilitation, Senior Resources, Housing
See pages 31-41

St. Clair Hospital Initiative Encourages Everyone to Get An Advance Directive

HEART HEALTH: Preventing Heart Disease: What You Can Do

See page 10

Sore Throat, Stuffy Nose – ‘Here We Go!’

7 Tips for Choosing the Best Home Care Agency

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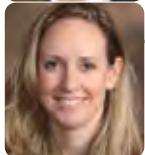
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New Year, New Beginnings for a Healthier You

By Nancy Kennedy

Traditionally, the New Year is a time for new beginnings and many people embark on self-improvement projects. Whether you actually make resolutions or simply decide to make better choices, the post-holiday period is an ideal time to improve one's health and well-being. We have assembled a compendium of excellent advice from regional healthcare and wellness experts about the best ways to make this your healthiest year ever.

Weight Management on YOUR Terms

"For many the New Year means starting a new weight loss program. Key to successful weight loss is accountability and awareness of how much you eat and what you eat, while making it livable. To make the lifestyle livable all programs should be designed around YOUR foods on YOUR terms, with no magic pills, no special foods and no dieting otherwise. Additionally, if you are post-rehab, following cardiac rehab or physical therapy, it's important to keep active and not return to a sedentary lifestyle. At My Fitness Kitchen, we can help people make that essential transition safely and effectively.



Mark Rullo, Exercise Physiologist and Owner, My Fitness Kitchen

For Drug Free Children - It All Starts In the Home

"Remember that everything starts in the home, so do your best to provide a healthy, addiction-free environment in which your child feels safe and protected. Parents should set limits and have consequences that let your child know that you will not tolerate drug or alcohol use. Parents need to understand that growing up today is very different from when they were kids. The pressures are enormous, especially with social media, which adds a whole new level of pressure. Substance abuse can start online, with meeting a stranger or an older student who is selling drugs. Check and double-check on the kids, pay attention and listen to them. Don't ever forget what your role is."

-Richard Foster, Ph.D. vice-president, Gateway Rehab Center

Exercise and Prevent Health Complications

"Life is all about being active. Immobility leads to all sorts of health complications and eventually to organ failure. To me, exercise is like religion and I practice what I preach. I want to get people moving. You can't enjoy life if you're stuck at home with arthritic joints that limit your activity. I believe that my job is to get you mobile and keep you mobile. That's how you prevent complications of aging, like diabetes and heart disease."

-Gregory Habib, M.D., orthopedic surgeon

It's OK to ask for Help

"Learn to ask for and accept help. Our goal at All Abilities is to help people maintain themselves in the community, with independence and safety, and to keep them out of institutional care. Many of the clients served by All Abilities have been trying to manage on their own, despite the often severe obstacles posed by their disabilities. Some get scattered support from family, friends and neighbors but that is likely to be inconsistent. Small things become big things, when they are impossible to complete. It's okay to ask for help – that's what we are here for."

-Tina Jackson-Heacox, All Abilities

Outdoor Fun and Exercise

"Find an enjoyable activity to do in every season of the year. In winter, get outdoors. You can make a snowman, have a snowball fight, go cross country skiing or just explore. Westmoreland County has many state parks and the Laurel Highlands hiking trail. Try to do these activities several times each week, in every season. You are more likely to exercise if you're having fun outside while you're doing it."

-Janelle Emery-Smith, PT, MS, NSCA Certified Strength and Conditioning Specialist, Excela Health

Prepare to Quit Smoking For Good



"It's easy to quit smoking, it's much harder to stay quit. This is why it is so important to prepare and plan to quit. It's not as easy as just putting down

the cigarettes. What are you going to do now that you aren't going out for a cigarette break? What is going to keep your commute smoke-free? Research shows that people who prepare to quit are more likely to stay quit. Smokers that use both professional help and pharmacotherapy (patches, nicotine gum) are twice as successful."

-Tobacco Free Allegheny (1 800-QUIT NOW)

Get the Flu Shot for Yourself AND Your Children

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



-Robert Ketyer, M.D., Pediatric Alliance

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Restoring Your Balance After Great Stress

The depth of conflicting views resulting from November's presidential election has put stress not only on our nation, but also on relationships between friends and family members who may have differing political views.

Wendy Levin-Shaw, LCSW, a therapist at Squirrel Hill Psychological Services (SHPS), the counseling division of Jewish Family & Children's Service (JF&CS), offers a few suggestions for managing feelings and healing personal rifts.

Levin-Shaw suggests considering the following for resolving any conflict, and taking better care of one's self and of important relationships.

► **Take care of yourself. Do whatever you do to de-stress:** a long walk, meditation, go to the movies, exercise, listen to or play music, go to the place where you get spiritual nourishment. Consider turning off the news and social media.

► **Do something.** Residual distress or feelings of powerlessness can be alleviated by taking action. Join an organization you believe in or volunteer to help others. Clarify your own beliefs and priorities. Find an effective way to make sure that your voice is heard.

► **Find agreements.** In dealing with conflicting feelings or views with friends or family members, look for the places where you can agree. Though we may have differences, we often share concerns about underlying issue – concern for our family, our country, our relationship or our future. Can you share your concerns? Can you acknowledge that you may actually feel the same way about lots of other things?

► **Listen.** When we are agitated, we may think we are listening when we are actually already generating our response. Try to give your undivided attention, allow the



other person to finish, let it soak in, and then respond. Think about how much you want to be heard.

► **Widen your sources of information.** Explore respected, non-partisan news outlets. You don't have to agree - just become informed of different perspectives. Social media and Wikipedia aren't enough.

► **Remember that these are people you love.** We don't have to think alike all the time; in fact, we often love people because they aren't like us. Remember the joy of those differences. Relationships are the essence of our lives – think of the times that they have been an immense source of comfort and strength.

The steps above can lead to rediscovering or strengthening the central quality needed for any enduring relationship: respect. In counseling, it's an axiom that the most toxic thing to a relationship is not when people disagree, or even fight, but when they have trouble respecting each other. It's up to us to show the respect we want from others. Despite differences of opinion, we have to pursue peace and tolerance if we want to live in harmony.

► If your life is out of balance, and you think that counseling might be right for you, call **Squirrel Hill Psychological Services** at (412) 521-3800 or visit www.squirrelhillpsych.org.

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Why am I not getting better?

ASK YOUR DOCTOR!



Consequences of Non-Compliance

By Nancy Kennedy

WHEN PEOPLE WITH CHRONIC MEDICAL CONDITIONS FAIL TO IMPROVE EVEN THOUGH THEY ARE RECEIVING APPROPRIATE MEDICAL TREATMENT, THE REASON IS OFTEN A COMPLEX PROBLEM THAT PERPLEXES HEALTHCARE PROFESSIONALS: NON-COMPLIANCE, ALSO CALLED NON-ADHERENCE.

The term means the failure or inability of patients to follow the regimens prescribed by their physicians to help them manage their conditions, maintain their health and avoid complications. Non-compliance can take the form of failing to take prescribed medications, neglecting to keep appointments or refusing to follow dietary recommendations. It results in the development of avoidable and often severe complications which in turn lead to the emergency room, hospital admission and worsening health. It's a common and frustrating problem for physicians.

People with diabetes can live healthy lives when they understand their disease and make the modifications it requires. This means taking medications including insulin, losing weight and following an appropriate eating plan. It can be a tough adjustment, but the consequences of not managing this disease can be dreadful: skin problems, painful neuropathy, loss of limbs, kidney disease, loss of eyesight, heart disease and other problems.

People with high blood pressure may be instructed to follow a low salt, low fat diet, take anti-hypertensive medication and lose weight. Uncontrolled high blood pressure can lead to stroke, heart attack, vision loss, heart failure and kidney disease.

There are numerous reasons



"Depression can be a major factor in non-compliance. It prevents people from taking care of themselves. In my experience, depression can be related to high blood sugar; when you improve the blood sugar, the depression improves and the patient does better." -Wayne Evron, M.D.

why patients fail to follow their doctor's or dietician's recommendations. Sometimes, it's a lack of understanding: in the crisis of hearing a new diagnosis, many people are simply unable to take in and process the information being provided.

Inadequate patient education can be the problem: it may be an overwhelming amount of information; or, it may be the opposite – not enough. Some patients receive printed handouts; others receive verbal instructions or are directed to web sites. Patient education is more likely to be successful when it is customized to meet individual patient needs, but that is not always possible.

Practical obstacles can interfere with a patient's ability to comply. Keeping appointments, for some, may involve making arrangements for rides, child care or eldercare; or having sufficient funds for gas, parking and co-payments. Lack of financial resources can be a major obstacle, forcing the patient to forego filling a prescription. Access

is not a simple matter for many, who depend on public transportation or have mobility challenges.

Often, non-compliance is about the challenge of making lifestyle changes. Sara P., a 52 year old woman from Bridgeville, says that she and her husband go out several times a week for Chinese food. Sara's doctor has instructed her that her high blood pressure is not improving because she indulges in high salt foods, but Sara has been unwilling to change her habit. Even worse, Sara misunderstands her blood pressure medication, taking it only when she feels stressed, instead of daily. As a result, her blood pressure continues to be a problem and her risk for stroke and heart attack grow greater.

Wayne Evron, M.D., a board certified endocrinologist on the Medical Services Staff at St. Clair Hospital, finds that taking a positive approach with his patients is most effective. He encourages his patients, many of whom are diabetics, to aim for improvement rather

than perfection in their health habits. "I tell my patients to do their best to make moderate changes rather than drastic ones. If you need to lose weight, make it your goal to lose 10% of your weight. You're more likely to succeed when you set reasonable goals. When you try to be perfect, you set yourself up for failure."

Dr. Evron says that there are some patients who do not come in for maintenance visits, but only when they have a crisis. When this happens, he says, it is not helpful to berate the patient, but to educate them, bringing in the dietician and diabetes nurse educator to help out. He also points out that there may be depression involved: "Depression can be a major factor in non-compliance. It prevents people from taking care of themselves. In my experience, depression can be related to high blood sugar; when you improve the blood sugar, the depression improves and the patient does better."

Every patient is unique, Dr. Evron says, and he tries to tailor his teaching to the individual. "My basic message is this: live your life and find ways to incorporate healthier habits into your lifestyle. You can get to good control without going overboard. Any change is an improvement."

> To contact Dr. Evron, call (412) 942-7295.

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Getting Straight with Menopause

By Lois Thomson

What is menopause? And what isn't it? There are many misconceptions and questions about menopause that have yet to be answered, but Dr. Marianne Wizda said the straight definition is when a woman has "no periods for a full year."

Dr. Wizda is a gynecologist – a Certified Practitioner with NAMS, the North American Menopause Society – with the Washington Health System, and she talked about what is established: "We do know that women are born with all the eggs they are going to have in a lifetime, and they decrease from then on. At menopause, women are no longer releasing eggs and the ovaries are no longer making estrogen."

She went on to say that the average age for this to occur is 52, but symptoms such as erratic periods, problems with sleeping, night sweats, hot flashes and what people describe as hormonal mood swings, can occur for years around that time. "So when women are still having periods but are having some or all of those symptoms, that is called 'perimenopause.' That transition time can be 10 years for some women."

There is still a lot that is unknown, including what actually causes hot flashes and night sweats. The two biggest challenges Dr. Wizda sees are menopausal weight gain and changes in libido. "I wish I had a better answer for the weight gain other than diet modifications and exercise, but I don't. Libido changes are complex and there is no simple answer. That can be difficult for couples, especially since men are 'wired' differently."

Of course these symptoms can have an impact. "Once your body loses all its estrogen at menopause, there's generally a fairly big decline in bone density. This will continue over the years if the person is not doing anything to stabilize that." For that reason, most women usually need to take Vitamin D and calcium supplements after menopause. Strength training is extremely important for the menopausal women as well, not only for bone density, but also for the loss of muscle mass during the aging process.

Dr. Wizda added that it can be difficult to determine whether some things are just general causes of aging or whether it's the menopause itself. Heart disease is big concern for women as they age, and women should address the



Women's Health

Why are there differences in menopause symptoms?

Dr. Marianne Wizda, gynecologist at Washington Health System, said no one has all the answers as to why menopausal symptoms are different in women. "We know there are differences in menopause symptoms in different cultures, race, ethnicity and body type. But for an individual, I don't think anybody can say why one woman may experience many symptoms, and others almost none. There are a small percentage of women whose hot flashes improve but may never go away."



known risk factors, including hypertension, diabetes and elevated cholesterol with their primary care physician.

Dr. Wizda concluded, "I think the bottom line about menopause is that it is a very different experience in all women. There are different treatment options for women depending on what symptoms they are experiencing – whether it is bleeding problems, sleep disturbances, mood changes, hot flashes: there is no one treatment for all, and each should be individualized."

> To make an appointment at **Washington Health System OB/GYN Care**, call **(724) 225-3640**. For more information, visit www.whs.org.

What Cosmetic Procedures are Covered by Insurance?

ASK YOUR DOCTOR!

by Amelia Pare, M.D.

Many patients will ask what is covered by insurance and what is considered cosmetic? The ultimate authority for what is covered is your insurance company policy and you may access that information through the website or by calling members services. Some examples of things that may be covered by insurance would be breast reductions, panniculectomy (abdominoplasty) after extreme weight loss, and blepharoplasty (eyelid surgery). Each of these surgical examples has specific criteria that must be met by the patient and documented. Authorization may take up to 8 weeks depending on the insurance carrier.

Breast reductions usually require three monthly visits to the primary care doctor to document the patients' back, neck, shoulder pain and rashes in the skin folds. Patients may be required to use creams or powders that will improve the rash under the breast area. If the patient fails conservative therapy, then a breast reduction may improve back, neck, and shoulder pain, while reducing and lifting the breasts. Patient may need to increase protein intake to accommodate the 2-4 week healing process. If patients are extremely large then a "free nipple skin graft" may need to be employed which will remove sensation to the nipple. Only a discussion with the plastic surgeon will determine if surgery is right for the patient and what type would be best.

Patients that have lost over 100 pounds with bariatric surgery may have panniculectomy surgery covered by insurance if the skin hangs below the perineal (private) area and there are persistent rashes under the hanging skin. The rashes must be documented by three monthly visits to the primary care doctor and if the patient fails conservative therapy with powders or creams.

Surgery on the arms, face, breasts or inner thighs are not routinely covered by insurance after large weight loss. The patient must be able to document that they have kept the weight off for considerable time and have plateaued near their targeted weight. Moreover, bariatric patients must maintain a strict dietary regimen after surgery to ensure proper healing and



Surgery is not an option for everyone and only after a discussion with your surgeon will you determine if surgery is right for you.

- Amelia Pare, M.D.

future health.

Eyelid surgery may be covered by insurance if the upper eyelid skin hangs onto the eyelash area and it is documented with a visual field performed by an eye doctor. The visual field test needs to show the improvement in peripheral vision once the eyelids are taped open. Eyelid surgery is performed by removing the excessive eyelid skin and takes approximately 10-14 days to recover.

All medical policies are different and a good way for the patient to start is to call your members services and ask what services are covered. Patients may have deductibles, coinsurances and other fees. Surgery is not an option for everyone and only after a discussion with your surgeon will you determine if surgery is right for you. If you are looking to find a surgeon in your area, you may check with your local hospital to see what surgeons are on staff. You can also check with the American Society of Plastic surgery, the American Society of Opt homology, or the American Metabolic and Bariatric surgery society websites for board certified individuals that may serve you in your area.

> For more information or to make an appointment, you can reach Dr. Pare at **(724) 941-8838**. Dr Pare is a board-certified plastic surgeon trained at UCLA and Columbia. Her undergraduate studies in chemistry were at Harvard. She currently serves on the Board of Trustees of the Pennsylvania Medical Society. Her office is 123 Hidden Valley Road, McMurray PA 15317

Living With and Managing Your IBS

By Daniel Casciato

Irritable bowel syndrome (IBS) is a common bowel disorder of the large intestine. This condition makes the intestines contract faster and work harder, which can lead to some painful issues. While it is not known what exactly causes IBS, there are some possibilities as to how it may occur in some people.

“Sometimes the intestines have weaker contractions, which causes slow food passage and constipation,” explains Susan Zikos, RD, LDN, CDE, Outpatient Dietitian at Ohio Valley Hospital.

Common symptoms of IBS include cramping, abdominal pain, gas, bloating, diarrhea and constipation. Zikos says that most people can control these symptoms by watching their diet, managing stress, exercising and making positive lifestyle changes.

Common symptoms of IBS include cramping, abdominal pain, gas, bloating, diarrhea and constipation.

“You should tell your doctor about the symptoms because you may benefit from additional counseling or medications to alleviate some of the symptoms,” she says.

If you have IBS, pay close attention to your body and the triggers which can cause symptoms.

Common IBS triggers

- **Foods.** Some people have more severe symptoms when they eat certain things. A wide range of foods has been implicated including chocolate, spices, fats, fruits, beans, cabbage, cauliflower, broccoli, milk, carbonated beverages and alcohol.

- **Stress.** Most people with IBS find their signs and symptoms are worse or more frequent during times of increased stress, such as finals week or the first weeks on a new job. Keep in mind; while stress may aggravate symptoms, it doesn't cause them.

- **Hormones.** Hormonal changes, particularly among women, play a role in IBS. Many women find that signs and symptoms are worse during or around their menstrual periods.

- **Other illnesses.** Sometimes another illness, such as an acute episode of infectious diarrhea (gastroenteritis) or too many bacteria in the intestines (bacterial overgrowth), can trigger IBS.

When someone comes in for IBS counseling, Zikos first asks about their medical history, because IBS can be aggravated by certain medical conditions.

“Then I get an in depth diet history, including any foods that they do not eat, or have had problems with,” she says. “Many times people have eliminated foods, especially milk, from their diet without realizing why.”

For instance, if there is a lactose intolerance, having a large amount milk, ice cream or other dairy product can cause an stomach upset. By using a lactase product instead, these symptoms can be controlled. Zikos pays particular attention to the amount of fiber in a person's diet. Fiber plays a role in preventing diarrhea and constipation. However, it has to be increased gradually to prevent further bloating and gas.

“The best sources of fiber are natural; fruits and vegetables, whole grains, beans and legumes,” she adds. “Some people prefer a fiber product, like



Susan Zikos, RD, LDN, CDE, Outpatient Dietitian at Ohio Valley Hospital.

Metamucil or Citrucel, which may cause less gas and bloating. Any of these may help prevent the symptoms of IBS. We also discuss their everyday life, to see if there are stressors which produce symptoms. We further discuss the role of exercise in stress relief and stimulate the normal contractions of the intestines.”

By thoroughly discussing symptoms, their timing, foods consumed before the symptoms started, stresses the person has been under, and illness, Zikos says that sometimes the symptoms of IBS can be controlled.

There are some probiotics that may also be good for people with IBS, including yogurt with active cultures. Zikos cautions that some IBS symptoms are caused by lactose intolerance, so in those cases, adding extra milk products to your diet will not help.

“In many cases, simple changes in your diet and lifestyle can provide relief from irritable bowel syndrome,” she says. “Although your body may not respond immediately to these changes, your goal is to find long-term, not temporary, solutions.”

Helpful Tips

These additional suggestions from the Academy of Nutrition and Dietetics and the Mayo Clinic may help:

- **Eat at regular times.** Don't skip meals, and try to eat about the same time each day to help regulate bowel function. If you have diarrhea, you may find that eating small, frequent meals makes you feel better. But if you're constipated, eating larger amounts of high-fiber foods may help move food through your intestines.

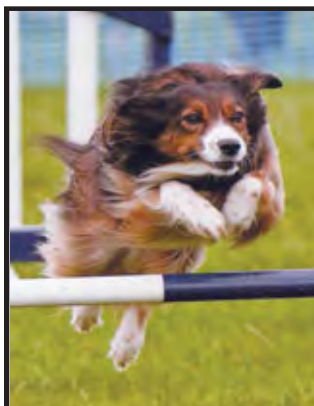
- **Exercise regularly.** Exercise helps relieve depression and stress, stimulates normal contractions of your intestines, and can help you feel better about yourself. If you've been inactive, start slowly and gradually increase the amount of time you exercise. If you have other medical problems, check with your doctor before starting an exercise program.

- **Use anti-diarrheal medications and laxatives with caution.** If you try over-the-counter anti-diarrheal medications, such as Imodium or Kaopectate, use the lowest dose that helps. Imodium may be helpful if taken 20 to 30 minutes before eating, especially if you know that the food planned for your meal is likely to cause diarrhea. In the long run, these medications can cause problems if you don't use them correctly. The same is true of laxatives. If you have any questions about them, check with your doctor or pharmacist.

A healthy diet is important for everyone, but even more so for someone with IBS. Food may not be easily digested and absorbed, so that makes it more important to eat healthy foods whenever you can.

“Drink at least 8 cups of fluids each day, because fluids may be lost with loose stools,” says Zikos. “A multivitamin may be needed, as well as calcium and Vitamin D supplements, if dairy products are limited. Start new foods one at a time, in small amounts, to test tolerances. Eating small meals every 3 to 4 hours may also help during bouts of IBS.”

> **Ohio Valley Hospital's Nutrition Services** offers Internal Nutrition services; an Outpatient Dietitian and Nutrition Counseling services, and Diabetic Counseling. To learn more, visit www.ohiovalleyhospital.org.



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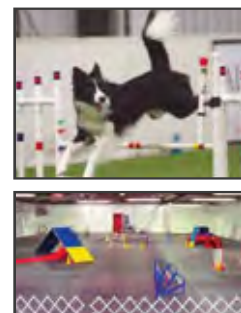
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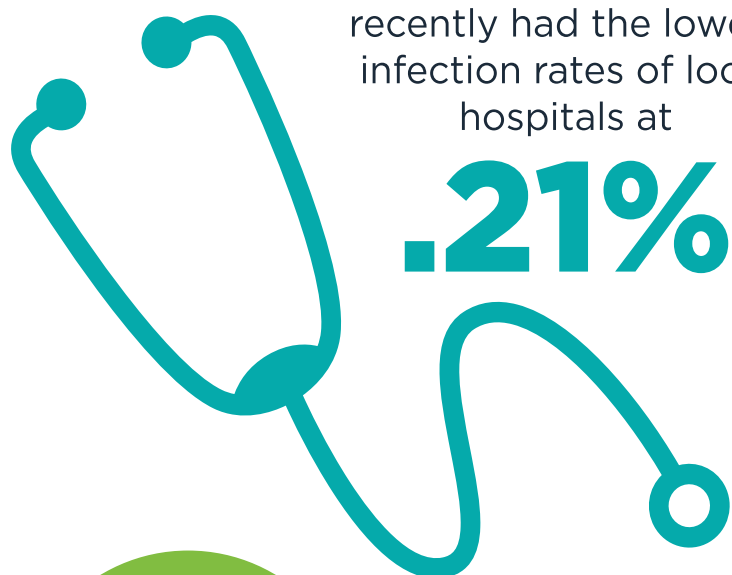
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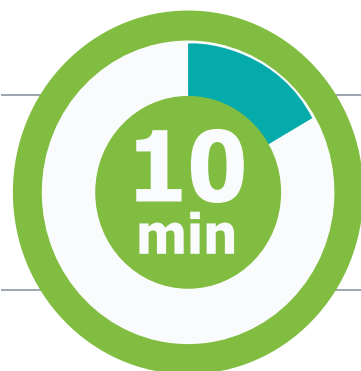


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Preventing Heart Disease: What You Can Do

By Nancy Kennedy

HEART DISEASE IS WIDESPREAD ACROSS AMERICA, BUT IT IS NOT AN INEVITABLE PART OF GROWING OLDER. IN FACT, MOST HEART DISEASE IS PREVENTABLE, WHEN WE ARE WILLING TO MAKE SMALL BUT IMPORTANT MODIFICATIONS IN OUR DAILY HABITS. THAT IS THE APPROACH TAKEN BY BOARD CERTIFIED CARDIOLOGIST AND INTERNAL MEDICINE SPECIALIST SHISHIR MATHUR, M.D., WHO PRACTICES WITH JEFFERSON CARDIOLOGY.

“Heart health can be achieved,” says Dr. Mathur. “It begins with the understanding that there are things people are doing every single day that put them at risk for heart disease. These things include smoking, eating fast food and junk food, drinking alcohol excessively, eating too much meat and failing to get any exercise. It can also be a matter of not keeping diabetes under control.

These things are very bad for you, and when you add them to a family history of heart disease, you raise your risk. I find that many people need a wakeup call that opens their

eyes to the unhealthy things they are doing.”

Dr. Mathur takes an interest in learning about the daily lives of his patients, so he can help them identify their personal risk factors and develop positive changes. “I have a discussion with my patient: what is your daily life like? How often do you eat meat? Often it’s every day, even more than once a day. How often do you eat vegetables - never? I tell them which things they are doing that are not okay. They need to realize, ‘I can do better.’”

Preventing heart disease can be difficult but it is achievable. Dr.

Mathur says some patients try to justify their bad habits and blame other factors. “I had a patient who was young but had severe peripheral arterial disease. She blamed her genes, but she was a heavy smoker. She was in denial about her responsibility.”

He had another patient who had a heart attack in her 40s. She had no risk factors except for unhealthy eating habits. “This patient owned up to it and acknowledged her bad habits. She changed her lifestyle and is doing great. It took a heart attack to open her eyes.”

Dr. Mathur empowers his patients by telling them, “You have control over this. Accept the problem, take responsibility and do what you can. You have to think: what are you doing regularly that is making you sick, putting you at risk? No doctor can fix this – no medication, no dietician, no gym – only you. People don’t know how bad heart disease can be. They are in denial – ‘it won’t happen to me.’”

SYMPTOMS OF HEART DISEASE

Part of heart disease prevention is knowing the symptoms of heart problems. Dr. Mathur encourages his patients to think beyond chest pain and be aware of these symptoms:

- **Any chest discomfort** – not just pain but heartburn, heaviness or unusual sensations. “There is a wide spectrum of chest symptoms, and ignoring chest symptoms is dangerous. It may not be heart disease but if you don’t see the doctor how will you know?”
 - **Palpitations, passing out** – this can mean a heart rhythm problem.
 - **Shortness of breath**
 - **Leg swelling or leg pain**
- Becoming aware and changing

> To make an appointment with **Dr. Mathur at Jefferson Cardiology Association**, call **(412) 469-1500**. To learn more about the treatment of heart disease and vascular problems, visit the website, www.jeffersoncardiology.com.



“Heart health is a matter of little, everyday choices we make. My appeal to my patients is this: Wake up before the heart attack! You may not get a second chance.”

*-Shishir Mathur, M.D.,
Jefferson Cardiology.*

one’s daily habits is not easy, says Dr. Mathur, who speaks from personal experience.

When he was completing a residency, he and his wife, who is also a physician, had a young family. It was a busy time with enormous demands placed on him. “I was eating too much, all the wrong things. I lacked awareness about my bad habits. I stopped exercising and gained 25 pounds. Back pain was my wake up call. I gave up meat, lost the weight, and learned yoga. Now my BMI is below 25 and I have tremendous energy. I understand how hard this is because I’ve lived it; now I help my patients become aware. You cannot preach what you do not practice.”

Dr. Mathur says that we all need to be more selective about what we put into our bodies. “We eat what we see around us and cheap unhealthy food is everywhere. Eating healthy is more expensive, but worth it. Try to grocery shop more often and buy fresh healthy food; go for a walk instead of sitting, watching TV and drinking beer. You don’t need to be a vegetarian but cut down on meat, which contains many calories and bad fats.

“Heart health is a matter of the little, everyday choices. My appeal to my patients is this: Wake up before the heart attack! You may not get a second chance.”

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PART ONE OF A SERIES

Improving Life for Heart Failure Patients

by Kevin Brown

Heat failure is a serious condition that affects six million Americans and is one of the most common reasons for hospitalizations among those 65 and older, according to the American Heart Association. It is a progressive condition and there is no cure, other than a heart transplant. However, new treatments are available. Left ventricular assist devices (LVADs) can be surgically implanted to take over the pumping action of a weakened heart.

Doctors at AGH and UPMC have been implanting ventricular assist devices since the 1980s.

The latest generation LVAD is the HeartMate 3, which has been the focus of a clinical trial, Momentum 3, for the past year. The results were recently presented at the American Heart Association (AHA) Scientific Sessions and published in the *New England Journal of Medicine*.

According to Srinivas Murali, M.D., a heart failure specialist and director of the AHN Cardiovascular Institute, patients in the randomized trial received either the Heartmate 3 pump or the older version called the Heartmate II.

"The trial was positive in the treatment of advanced heart failure," he said. "There were less incidents of pump malfunction and less incidents of clot formation in the pump. The new pump was superior."

Jeffrey Teuteberg, M.D., medical director of the Artificial Heart Program at UPMC, and assistant professor of medicine in the Department of Cardiology at the University of Pittsburgh School of Medicine, agrees with the results.

"Preliminary results demonstrate the HeartMate 3 has excellent outcomes, but has a much lower rate of clot forming in the pump than the prior generation of devices," he said.

A minimally invasive device to treat heart failure is also in clinical trial and doctors at AGH and UPMC have been using it as an alternative to the LVAD or heart transplant. The Parachute Ventricular Partitioning Device is the first minimally invasive, catheter-based implant device to isolate coronary muscle damaged by a heart attack.

Implanted into the left ventricle of the heart via catheter, the Parachute is made for patients who have had a heart attack of the anterior wall of the heart. A permanent device, the Parachute reduces the volume of the ventricle, allowing the heart to pump more efficiently.

"The Parachute device may offer yet another option to control symptoms, improve exercise tolerance, and reduce the risk of hospitalization and death for heart failure patients," said Dr. Murali.



Dr. Srinivas Murali,
Director, AHN
Cardiovascular
Institute



Dr. Jeffrey Teuteberg,
Medical Director,
Artificial Heart
Program at UPMC

> For more information about these advanced medical technologies, visit www.ahn.org and www.upmc.com.

Part 2: *Helping Those with AFib (Coming this Spring)*



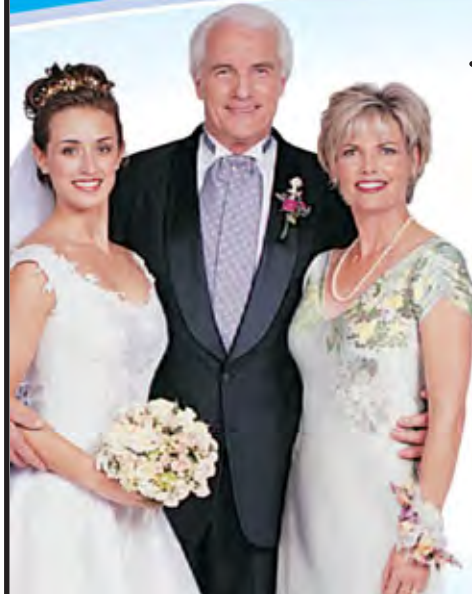



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Medical Profile



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By **Daniel Casciato**

Initially trained as a labor and delivery nurse from Johns Hopkins School of Nursing, Jocelyn Idema, D.O. naturally assumed since she loved labor and delivery she would end up as an OB/GYN after graduating medical school. However, upon doing rotations, she quickly discovered how different physicians' duties were from nurses.

"I found I didn't enjoy my rotations with OB/GYN as much as I enjoyed my duties as a labor and delivery nurse," she recalls.

It was for this reason Dr. Idema began examining other interests in the medical field. Since she was an athlete at Gettysburg College—earning All-American Honorable Mention status as a member of the 400-medley relay and 800-freestyle relay swimming team—she enjoyed her time more with like-minded athletes; patients who wanted to get better.

As a result, she began choosing rotations in non-operative sports medicine and noticed that there were certain instances when a patient got to a certain point during their care, the sports medicine physician would need to refer that patient to an orthopedic surgeon. One day she asked if she could shadow one of the orthopedic surgeons. She was curious to see how these patients' care continued and what the orthopedist could offer that was different from the sports medicine

physicians, other than surgery.

The next day she shadowed an orthopedist who was on call and was receiving phone calls for injuries from the emergency room. During one of his trips to the ER, he tended to a patient with a shoulder dislocation.

"When we arrived to the emergency room, the patient was seen writhing in pain. He had already been given some pain medication but this alone was not enough," says Dr. Idema. "The orthopedic surgeon then performed a reduction maneuver and instantaneously the patient had significant pain relief, and in a few short minutes was able to move their arm. I was amazed that the patient was able to go home in a sling and would require only physical therapy as a final treatment."

That was her aha moment. She knew then that she wanted more instant gratification when treating patients and saw that an orthopedic surgeon could offer the same conservative treatment as a sports medicine doctor but could follow that patient all the way through if they required surgery.

Dr. Idema then went on to complete her doctorate of osteopathic medicine and subsequent Residency in Orthopedic Surgery from The Philadelphia College of Osteopathic Medicine. She then pursued a Orthopedic Spine fellowship at the Spine Institute of Arizona in Scottsdale, specializing in Minimally Invasive and Motion Preservation techniques.

She spent nearly 10 years of fellowships, internships, and residency requirements in Arizona, Oklahoma, Maryland and Pennsylvania. After spending five years as a spine surgeon at The Centers for Advanced Orthopaedics in the Mid-Maryland Musculoskeletal Institute Division in Frederick, MD, Dr. Idema will join Advanced Orthopaedics & Rehabilitation in Washington, PA this January.

She's looking forward to returning back home to Pennsylvania, along with her husband and their two children. Her husband's family lives in parts of Pittsburgh while her family lives around the Harrisburg area.

Dr. Idema learned of the spine surgeon position at Advanced Orthopaedics & Rehabilitation through a mutual orthopedic representative.

"During one of my conversations with this person, I learned about a job opportunity that had opened up through Advanced Orthopaedics," Dr. Idema says. "Their spine surgeon had decided to leave and there was a void for spine services in the area. I began to explore the position and found out many people in the area desire up-to-date spine surgery options such as motion preservation and minimally invasive options without having to travel far from home or go to a tertiary care facility. Some due to distance from home

and family, others for fear that because it is a teaching facility, a 'surgeon in training' might be operating on them instead of someone with more experience. In that I offer those advanced techniques, it just seemed like an excellent fit."

For Dr. Idema, the most rewarding part of working in orthopaedics is being able to make a change for the better in that person's life at that moment.

"Oftentimes in orthopedics, we are seeing patients on the worst day of their lives. This can be in the office, where we talk about surgery or in the emergency room after a terrible accident or injury.

These patients are worried about the debilitating or deforming aspects of that injury, concerned how this will affect themselves, their family and their livelihood as well as the fear of the potential for lifelong pain or disability," she says. "We're able to intervene at that moment, address the patient's worst-case-scenario, set realistic expectations and make a positive impact."

In addition to work and family life, Dr. Idema also participates in charitable organizations, including nonprofits for wounded warriors, firemen and EMTs that assist with patients dealing with chronic pain issues after returning from duty overseas or on the job here at home.

"We're able to intervene at that moment, address the patient's worst-case-scenario, set realistic expectations and make a positive impact."

New Physicians Joins Pediatric Alliance



Dr. Nathan Millard

Dr. Nathan Millard, a board certified pediatrician, and Dr. Deborah Gentile, a board-certified allergist, have recently joined Pediatric Alliance, PC, the largest independent medical physician group in the Greater Pittsburgh.

Nathan Millard, M.D., joined Pediatric Alliance, January 9, 2017. Dr. Millard will practice at its Regional Office Division – Pediatric Alliance Jefferson Hills office which is located in the Jefferson Medical Arts Building in Jefferson Hills. A graduate of Loyola University where he received a Bachelor of Science degree in Biology and Spanish, Dr. Millard earned his Doctor of Medicine at George Washington University. He then completed a residency in pediatrics at Boston Children's Hospital. He is a board certified pediatrician, and a member of the American Academy of Pediatrics.

Deborah Gentile, M.D., joined Pediatric Alliance, effective January 1, 2017. Dr. Gentile will practice at its Division of Allergy, Asthma, and Immunization which is located at 9000 Perry Highway, Suite 210, in Pittsburgh. A graduate of Saint Francis University where she received a Bachelor of Science degree in biology, Dr. Gentile earned her medical degree at the University of Pittsburgh. She then completed a residency in Pediatrics at Children's Hospital of Pittsburgh

and a Fellowship in Allergy & Immunology at Children's Hospital of Pittsburgh. She is a board-certified allergist and a member of the American Academy of Allergy, Asthma and Immunology and American College of Allergy, Asthma and Immunology.

Pediatric Alliance provides high quality, comprehensive primary and specialty care (asthma, allergy, immunology and endocrinology) to infants, children and adolescents through clinical expertise, advocacy, education, collaboration, research, and information management. As the largest physician owned group pediatric practice in the Pittsburgh region, Pediatric Alliance offers 18 different office locations.



Dr. Deborah Gentile

Medical Testing

What Is Your Body Telling You?

By **Bethany Narey, CCT**

Do you ever wonder what your body is trying to tell you? Whether you have medical concerns or just want to be proactive about your health, your body is always trying to tell you something. But what is it?

Thermography offers a unique look at how your body is functioning with NO adverse effects. Thermography is a pain-free medical imaging tool that can be used to help diagnose many diseases and dysfunctions. However, sports medicine and women's breast health are two main areas where thermography is best utilized.

As with anything, sports can open up a doorway for injuries throughout the season. Digital infrared thermal imaging also known as thermography plays a huge role in sports medicine. Because thermography is risk-free, portable and, radiation-free, it is an ideal tool for assessing injury and helping aid clinical decisions.

Thermography is able to 'see things' outside of other diagnostic tools. Meaning, instead of looking for a break or a structure like other medical imaging tools, thermography looks for cellular and vascular dysfunction through temperature patterns.

This is ideal for injuries such as ankle injuries, stress fractures, myofascial pain syndromes, spinal pain syndromes, shoulder injuries, foot pain syndromes, and vascular disorders, just to name a few that are not visible through other standard tools. Thermography offers an invaluable window into the sympathetic response to

pain and injury.

Often younger children struggle with telling you where their pain is coming from leaving it difficult for parents and medical professionals to know where and how to treat the patient.

Because thermography is the only medical imaging tool that can visualize pain through temperature dysfunction, it is ideal for children who have difficulty accurately expressing their pain and discomfort.

Aside from sports injuries, there has been a large emphasis on women between the ages of 25-39 that are being diagnosed with invasive breast disease.

Experts are struggling to conclude why these numbers are slowly rising but women are struggling with where to go from here. Mammograms are still not recommended for women under the age of 40 and in some cases women under the age of 50.

This is for various reasons but mainly, radiation exposure and dense breast tissue. Thermography is ideal for women under the age of 40 because it offers a safe option in your breast health screening. Researchers this year concluded that with the utilization of self-breast examination, mammography, and thermography, one has a 98% detection rate. Find out what your body is trying to tell you through thermography



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Local News

Range Resources Invests in Mon Valley Communities' Health

Marcellus Shale pioneer Range Resources provided a \$50,000 gift to Monongahela Valley Hospital (MVH) to renovate and standardize the 24 Emergency Department treatment rooms at the Carroll Township hospital. The gift was presented during an event at MVH that was attended by Pennsylvania Senator Camera Bartolotta, Washington County Diana Irey Vaughan and Harlan Shober as well as leadership from Range Resources and MVH.

The renovation project will include modernization of the treatment rooms to improve safety for patients and visitors as well as functionality for hospital staff. The new rooms will be set up in a standard fashion so when a provider or staff person enters, they will know the exact locations of their medical equipment and supplies which can be vital in life-threatening situations. In addition, each room will feature new IV poll tracks, computer work stations and wall storage units for greater efficiency along with chairs, flat screen televisions and privacy curtains for patient and visitor comfort.



(from left to right) Washington Co. Commissioner Harlan G. Shober, Matt Pitzarella, director of Corporate Communications and Public Affairs at Range Resources, Louis J. Panza Jr. president and CEO of MVH, Sen. Camera Bartolotta and Washington Co. Commissioner Diana Irey Vaughan pose holding a \$50,000 check donated by Range Resources to renovate Monongahela Valley Hospital's Emergency Department.

New Medical Imaging Tool



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

- THERMOGRAPHY APPLICATIONS:**
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Western Pennsylvania Guide to Healthy Eats



UNRESTRICTED Resolutions

MORE FATTENING FOODS, NO MORE COOKIES AND SWEETS. BUT WHAT IF INSTEAD OF FOCUSING ON THE THINGS WE ARE GOING TO REMOVE, WE FOCUSED ON THINGS WE CAN ADD?

by *Kate Safin*

SO OFTEN RESOLUTIONS TO EAT BETTER AND LIVE A HEALTHIER LIFESTYLE ARE FRAMED IN RESTRICTIVE WAYS: NO MORE SUGAR, NO

A resolution to eat more fruits and vegetables is so much more positive and gives us space to indulge in sweets every so often, which will likely make your resolution last longer than the average 2-3 weeks. Here are a few other unrestrictive resolutions to consider for the new year:



Add more local food to your plate

Selecting local foods when possible keeps money in the regional economy and provides strength to communities. Food grown close to home is picked at peak freshness and travels shorter distances to its final destination. While most farmers markets are closed during the winter, you can still find local foods in many places. Root vegetables and herbs are available from local Pennsylvania farms in cold winter months. You can also look for preserved foods, like a jar of healthy fermented sauerkraut or pickled beets.



Learn to garden and grow your own food

Resolve to learn a new skill! February is the time for garden planning and seed starting. Grab a book or attend a class and learn how you can provide your own fresh herbs, fruits, and vegetables come spring and summer. Gardening also provides an easy way to exercise and get fresh air, and many people have reported how uplifting time spent in a garden is.



Add new recipes to your meal planning

Rather than following a rigid diet plan, get creative in the kitchen. If you're typically a meat-eater, add a vegetarian or vegan meal to your weekly routine. You'll be exposed to new ingredients, flavors, and cooking methods and will find that your grocery bill is much smaller when you don't rely on cuts of meat to build each meal.

A healthy approach to resolutions is to keep them positive, not restrictive. And remember, a resolution doesn't have to wait for a new year! The things you need for a healthy lifestyle are around you every day.



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.



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Guide to Healthy Eats

Tips for Eating Healthy When Dining Out

By Kevin Brown

Eating healthy and dining out didn't always go together, but as more people adopt healthier lifestyles, enjoying a healthy restaurant meal is easier than you might think.

Whether you are watching what you eat to lose weight, lower your cholesterol or just for good health, here are few tips to help you stay on track when dining out.

▶ EDUCATE YOURSELF:

Learning how to make healthy food choices – what foods to eat and not to eat – is the first step to a healthier diet. There are plenty of resources to help you plan a healthy diet. An excellent place to start is your primary care physician who can refer you to a registered dietitian. A consultation with a registered dietitian will provide you with an appropriate diet and meal plans. Some insurance plans may cover these physician-referred nutrition consultations, but check with your insurance plan first.

▶ **PLAN AHEAD.** When planning to dine out, research local restaurants to see which ones offer healthier choices. Many restaurants recognize the value of offering healthier meal choices. Some even mark items on their menus as “heart-healthy” or another designation.

Live Well Allegheny, Allegheny County's health and wellness initiative, identified 32 local restaurants designated as “Live Well Restaurants” to date.

The Live Well Restaurant program (www.livewellallegheny.com) was launched about a year ago and includes restaurants that have committed to offering healthier choices on their menus as well as creating a healthier place to enjoy your meal such as a smoke-free environment.

Hannah E. Hardy, program manager for the Allegheny County Health Department's Chronic Disease Prevention Program that manages Live Well Allegheny, said, “We want to offer Allegheny County residents the opportunity to make healthier choices when dining out.”

In order to receive the Live Well Restaurant designation, a restaurant must commit to eliminating trans-fat oils, become smoke free, not sell tobacco products, and commit to at least four action steps among those suggested by the Live Well restaurant program.

“We are seeing greater demand from consumers for healthier dining options and we want to encourage restaurants to offer healthy choices to their customers,” Ms. Hardy said.

Once you have selected a restaurant, visit their website to check the menu for nutritional information. According to Kelly Danis, RD, LDN, a registered dietitian and director of clinical nutrition for UPMC Presbyterian Shadyside, many restaurants post nutritional information on their menus.

“Research shows that people tend to choose lower calorie and lower fat options when they have nutritional information available to them,” she said.

▶ **ORDER CAREFULLY.** When reviewing the menu, watch for key words that will tell you whether you are making healthy choices. Ms. Danis recommends paying attention to words such as “breaded, fried, creamed, braised, pan-fried, or rich,” which suggest the cooking method may not be as healthy as items described as “steamed, broiled, baked, roasted or poached.”

Watch the portion size. Many restaurants serve large portions which are seen as more value for the money.

“The typical serving of protein should be the size of the palm of the hand. We don't often see that in the traditional restaurant where portion sizes are larger,” Ms. Danis said.

Substitution is a great method for controlling the intake of less healthy foods.

“Skip the fries in favor of more vegetables,” suggests Melisa Fabyonic, RD, LDN, a clinical dietitian at Canonsburg Hospital.

“When ordering salads and baked potatoes, ask for the dressing and sour cream or butter to be served on the side,” she also recommends.

It's not necessary to shy away from favorite foods such as pasta as long as you skip the creamy sauces in favor of marinara sauces.

“It's not the pasta that's the problem,” Ms. Fabyonic said. “It's what you put on it.”



Live Well Allegheny, Allegheny County's health and wellness initiative, identified 32 local restaurants designated as “Live Well Restaurants” to date. For a listing of restaurants visit www.livewellallegheny.com.

▶ **EAT SLOWLY.** The Academy of Nutrition and Dietetics (www.eatright.org) recommends that you eat slowly since it takes about 20 minutes for your brain to get the message from your stomach that you are full. Fast eaters tend to overeat while slow eaters eat less and are satisfied.

▶ **TAKE IT HOME.** Don't forget the doggy bag. It's okay to take home what you can't eat. And, you may have enough for a healthy snack or lunch the next day.

With a little education, planning and attention to menu details, you can dine out and eat healthy.



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Guide to Healthy Eats

A Nutritionist Can Help You Achieve Your Health and Wellness Goals in 2017

Submitted by the Nutrition Department at the Wilfred R. Cameron Wellness Center

Do you find yourself thinking about your overall wellness and desiring to make positive changes in your life? A great first step to achieving your health and wellness goals can begin with a review of your nutrition intake. For this thorough analysis consider a Registered Dietitian/ Nutritionist or RD/RDN. An individual with this credential is a trained professional for all nutrition related areas. There are many reasons one may seek out the advice of a Registered Dietitian/ Nutritionist. These can range from weight loss, food allergies/food sensitivities to disordered eating.

You will find outlined in this article three specialty areas in which the RDs at the Washington Health System Wilfred R. Cameron Wellness Center excel.

Is your food making you sick? Food sensitivities, allergies, and intolerances can play an important role in triggering symptoms in patients with IBS, migraine, and fibromyalgia. Yet for many reasons diet remains one of the most neglected areas of treatment. The Washington Health System Wilfred R. Cameron Wellness Center offers a mediated release



Food sensitivities, allergies, and intolerances can play an important role in triggering symptoms in patients with IBS, migraine, and fibromyalgia. Yet for many reasons diet remains one of the most neglected areas of treatment.

test (MRT) to measure adverse food reactions. With this test the RD/RDN can pinpoint the exact foods that are contributing to your symptom onset and recommend an immunocalm diet plan to heal the body. This test measures the reaction level of 150 foods and food chemicals. You will work closely with the RD/RDN to get back to feeling great again!

Eating disorders are bio-psycho-social illnesses. Specifically, in genetically at risk individuals,

aberrant eating and exercise behaviors arise as a way to cope with a psychological trauma or emotional issue.

The American Psychiatric Association defines 4 categories of eating disorders: Anorexia Nervosa (AN) Bulimia Nervosa (BN), Binge-Eating Disorder (BED), and Other Feeding and Eating Disorders (OFSED).

AN is characterized by excessive weight loss from a combination of restrictive eating and purging along with an intense fear of weight gain.

BN is marked by repeated bouts of overeating followed by compensatory behavior such as excessive exercise, vomiting, and/or abuse of laxatives and diuretics such that weight is more or less within a normal range.

BED is marked by overeating without compensatory behavior, these individuals are thus, overweight or obese.


OFSED is marked by pathological eating and exercise habits that do not meet the strict criteria (i.e. AN without being underweight, BN with episodic or infrequent purging) of one of the 3 previous outlined eating disorders.

A person's risk for developing many diseases and conditions is increased by being overweight or obese. The more weight you carry, the more likely you are to

suffer from high blood pressure, heart disease, diabetes, sleep apnea and some cancers. However, losing even a small amount of weight can help to decrease your risk, gives you more energy and makes you feel good about yourself.

At the Wilfred R. Cameron Wellness Center, the Registered Dietitians are very successful in helping people lose weight by being both knowledgeable and motivational. They use a very individualized approach during counseling sessions to help you meet your goals.

This includes the Fitstops Plus program, the most popular program available. It includes a one hour initial counseling/coaching appointment with the dietitian, followed by weekly 15 minute sessions, for at least 6 months to 1 year. This allows for the most accountability and structure necessary to maximize results and to reach your wellness goals.

 Please contact the Registered Dietitians at the WRCWC at (724) 250-5207 to set up an appointment for food sensitivity testing, weight loss, disordered eating or any other nutrition related concerns. They look forward to helping you on your journey to better health!



To learn more about the Washington Health System Wilfred R. Cameron Wellness Center, visit www.wrcameronwellness.org.

For membership information, call (724) 250-5208 or email jely@whs.org.

Guide to Healthy Eats

Try Going Gluten-Free To Improve Your Health

But I was tested and I don't have Celiac Disease...

by *Suzanne Koval Weiner, Owner*
Eden's Market -
a Gluten Free Emporium

You don't feel well. You explain to your doctor or healthcare provider you're experiencing one or more of the following: "foggy mind", depression, ADHD-like behavior, abdominal pain, bloating, diarrhea, constipation, headaches, joint pain and chronic fatigue.

Maybe you've got a rash or skin problem that just won't clear up no matter what you put on it.

It could be your diet and eliminating gluten may be your answer.

Going gluten free is not as hard as it sounds. There are so many more foods you will be able to eat than not. Yes it makes you have to think about what you're putting in your body. It can make eating out, ordering pizza or fast food challenging, but not impossible.

Many doctors are not going to think your diet is the culprit because you haven't changed the way you have been eating. Because both Celiac and non-celiac gluten sensitivity (NCGS) affect your immune system, both can develop at any time at any age.

I meet many who are experiencing one or more health issues that might possibly be resolved with a few dietary changes. "Celiac disease is a serious genetic autoimmune disorder where the ingestion of gluten leads to damage in the small intestine. It is estimated to affect 1 in 100 people worldwide. Two and one-half million Americans are undiagnosed and are at risk for long-

term health complications."

The key word here is genetic. But what about the rest of us? Non-celiac gluten intolerance is probably much more prevalent than actual Celiac disease, yet studies and doctors are quick to dismiss it as nonsense. "Some people experience symptoms found in celiac disease when they have gluten in their diet, yet do not test positive for celiac disease. When removing gluten from the diet resolves symptoms, the terms non-celiac gluten sensitivity (NCGS) and non-celiac wheat sensitivity (NCWS) are generally used to refer to this condition."

Research has not confirmed gluten is the culprit triggering the immune reaction - as is the case with celiac disease. Regardless of what part is affecting you, you still need to eliminate gluten from your diet in order for your body to heal.

If you stick your finger in a light socket do you need a doctor to tell you to not do that it again as it is harmful to your health? So if eliminating items from your diet that cause you to feel ill helps you feel better why do you need a doctor's approval? Trust your gut instinct - pun intended.

The plus side is you'll feel better and possibly eat a cleaner, healthier diet.

Try eliminating all gluten - and I mean all - every trace, not even a little for at least two weeks. Then go ahead and eat something containing gluten - pizza, a bagel, or whole wheat bread. If you don't get any type of reaction then continue to investigate. If you are one of the majority, then it's time to rethink.

> To learn more about **Eden' Market**, a Gluten Free Emporium, call **(412) 343-1802** or log on to <https://edens-market.com/>. Located in Mt. Lebanon, Eden's Market specializes in natural, organic and gluten-free foods, whole-food supplements, homeopathic, herbals and natural products for health and beauty.



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Bactronix Free Testing Determines if Public Facilities Are at Risk of Infectious Disease Outbreaks

By Vanessa Orr

It's that time of year again. You send your children to school and they come home sick—and then your whole family is down for the count. Once you're well, it's only a matter of time until someone catches another bug...and it starts all over again.

Any time there are a lot of people congregating in one place, such as in schools, public medical facilities, nursing homes or senior living communities, the chance of picking up a virus or transferring bacteria is multiplied. Not only is it difficult to keep these places clean, but with so much traffic, germs are reintroduced almost as quickly as they are removed.

To prevent this contamination, and even more important, to prevent an infectious disease outbreak among students or frail seniors, organizations must take a proactive approach to their cleaning and disinfecting processes.

"It's a grave concern," said Bactronix Corp. Vice President Vincent J. Valicenti. "When we test an individual's home, we often find very high contamination numbers, and that's just from parents and their children. Just imagine what happens when you multiply that by 2,500 children in a school."

"The kind of contamination you find in homes, you find in much bigger ways in public institutions," added Bactronix Corp. Vice President A.J. Powell. "A school is like a home on steroids."

But how do facilities determine if they are at risk? "We offer free testing to schools, medical facilities, nursing homes, senior living communities and other public institutions," said Joseph P. Kleynjans, president and CEO of Bactronix Corp. "If they already have a prevention program in place, this can tell them if it's working. If our testing shows an unsafe level of contamination, they can hire us to disinfect their facility, or they can buy our equipment and we will train and certify their staff to do it internally."

"What you can't measure, you can't manage," he added. "If you don't know the level of contamination, how do you know if your children or your loved ones are in a safe environment?"

Bactronix uses scientifically designed, non-toxic products including BactroKill™, to destroy dangerous microbes, and BactroBlock™, which permanently bonds to treated surfaces, inhibiting the growth of mold, mildew, algae and bacteria, and providing residual protection to prevent recontamination.

"Because our products are non-toxic, we can disinfect a facility or home safely and quickly without having to remove people from the building or come in after hours," said Valicenti.

Contamination can occur anywhere, including in cafeterias, bathrooms, common areas and more. "For example, there are so many surfaces in schools where bacteria like MRSA can be found—everywhere from wrestling mats to shower rooms—even the artificial turf on fields can harbor these organisms," said Valicenti.

"One of the biggest incubators for microbial migration is school buses," added Powell. "Kids walk through, hold on to the seats, and pick up whatever the other kids have. The bus system has to be a part of the biological analysis."

While public facilities are often harnessed by limited budgets, having a healthy building can save money in the long run. "Sick building syndrome is one of the biggest reasons for absenteeism," said Powell. "If 10 or 15 percent of a school's faculty is out sick, for example, you are paying for subs as well as sick days." Bactronix has already worked with several

"We offer free testing to schools, medical facilities, nursing homes, senior living communities and other public institutions. If they already have a prevention program in place, this can tell them if it's working."

-Joseph P. Kleynjans

"Because our products are non-toxic, we can disinfect a facility safely and quickly without having to remove people from the building or come in after hours."

-Vincent J. Valicenti



Who can benefit from using Bactronix products?

- Homeowners
- Healthcare facilities
- Office buildings and hotels
- Schools, universities
- Daycare
- Gyms and sports facilities
- Cars and ambulances
- Military installations
- Cruise liners and confined entry vehicles
- Zoos and aquariums
- Law enforcement entities
- Agricultural industries

school districts in the area to deal with reoccurring mold issues, and has designed cost-effective programs with public facilities in mind. "We are willing to work with consortiums of school districts to help them save money; it doesn't have to be expensive," said Valicenti, adding that Bactronix also has programs in place in a number of medical and senior facilities.

The costs of not taking a proactive approach can be far worse. "If a facility takes a proactive approach, they are playing it safe. But if they are reactive, the question is, do they have a rapid response program in place in case of MRSA or whooping cough outbreaks?" asked Kleynjans. "In most cases, facilities are not prepared to deal with an infectious disease outbreak."

"In the long run, this is really about self-help," Powell added. "Not only are you reducing the chance of an outbreak, but you have records on file showing the reduction in bio levels, which may even result in a reduction of premiums on risk-management policies."

One added advantage is that facilities certified as compliant through Bactronix will meet the requirements of House Resolution 358, a resolution passed by the PA legislature which recommends that public facilities be tested two times a year to prove that they have a clean bill of health.

> For more information about the Bactronix Process and products, visit www.bactronix.com or call (412) 375-7886.



Left to right: Vincent J. Valicenti, Joseph P. Kleynjans, and A.J. Powell.

For more tools to lead a healthy and balanced lifestyle, along with resources to help assist with all aspects of healthy living, log on to www.guidetogoodhealth.com.

FIGHTING THE SICK HOME SYNDROME



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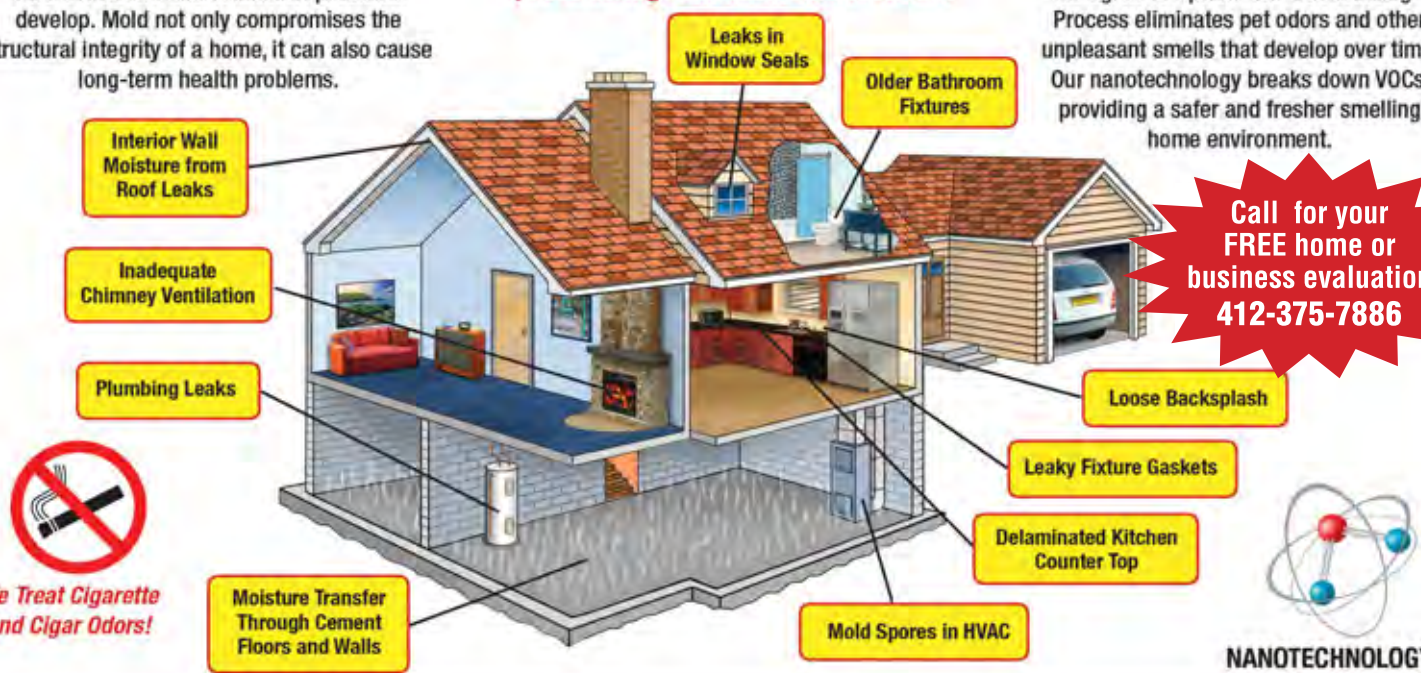
Mold and Mold Spores:

Mold and mold spores can occur in the areas where moisture and ventilation problems develop. Mold not only compromises the structural integrity of a home, it can also cause long-term health problems.

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Bactronix uses an exclusive, safe, organic system to diagnose and treat interior environments for dangerous microorganisms. Utilizing science based practices, testing is performed on porous and non-porous surfaces to determine the level of bio-activity which may cause odor and illness. The Bactronizing Process uses a hospital grade, non-toxic "Green" disinfecting nanotechnology to kill mold, mildew and dangerous super-bugs such as MRSA, C.Diff, H1N1 and Legionella. Bactronix also utilizes an advanced electrostatic spray system to treat 100% of all surface areas resulting in a highly effective sanitary finish.

**To learn more about our services, visit: www.bactronix.com
Mold removal and sanitizing products also available online.**

Age-Related Macular Degeneration and Depression

By Dr. Erica A. Hacker, O.D.

This time of the year can be challenging for individuals who live with chronic illness. For those with age-related macular degeneration (AMD), the leading cause of blindness in older Americans, depression is a major risk. AMD affects as many as 15 million Americans, and as the disease progresses it affects a person's ability to enjoy everyday activities like driving, reading, writing, watching television, and cooking.

There is hope. A new intervention that combines low vision therapy with psychological rehabilitation has been shown to cut the risk of depression by 50 percent. In a study funded by the National Eye Institute, part of the National Institutes of Health, researchers tested an approach called behavior activation with the goal to increase the depressed person's participation in activities that can improve mood and to promote self sufficiency.

For the study, the 188 participants met with an optometrist twice and were prescribed low vision devices such as hand-held magnifiers. The participants then were randomly split into two groups. One group received behavior activation therapy from a specially trained occupational therapist

who worked with them on using the low vision devices, making changes in their homes, increasing social activities, and setting their own personal goals. The study found that this therapy reduced the risk of depression by 50 percent.

This mix of behavior activation with low vision rehabilitation is what we do at Blind & Vision Rehabilitation Services. We use all of these techniques. While the study included two sessions of outpatient low vision rehabilitation followed by six hours of in-home therapy, our approach can vary and is based on the patient's individual needs. Some patients receive more outpatient sessions. Some receive only in-home therapy. All of these approaches take into consideration the patient's interests and goals and use any and all methods appropriate.



Erica A. Hacker, O.D., is an optometrist in the Low Vision Department at **Blind & Vision**

Rehabilitation Services of

Pittsburgh. For more information on Blind & Vision Rehabilitation Services of Pittsburgh, call (412) 368-4400 or visit www.bvrspittsburgh.org.



Blind & Vision Rehabilitation Services of Pittsburgh is a nationally accredited, 107-year-old nonprofit leader in programs and services for people of all ages who are blind, vision impaired, or have other disabilities. We believe in independence through rehabilitation. Our mission is to change the lives of persons with vision loss and other disabilities by fostering independence and individual choice. We offer comprehensive and personalized computer instruction, employment and vocational services, personal adjustment to blindness training, in-home instruction, low vision services, vision screenings for children and adults, and an industrial employment program. We also offer employment support services in Fayette, Greene, and Washington counties, and in Somerset County we offer children vision screenings, transportation services, and support groups. BVRs is accredited by the National Accreditation Council for Blind and Low Vision Services (NAC).

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November was National Adoption Month – A Message for All Year Long

A teenager, anxious about being adopted after a nearly lifetime of moving between different homes, secretly wonders: “Are they going to love me enough?”

At the same moment, her adoptive parents exchange a glance that says, “Are we going to be enough for her?” Both have trepidation about taking this leap of faith, but the human drive for connection and family prevails. In this case the answer was “Yes,” and “Yes.”

November was National Adoption Month, but if there’s room in your heart and family for a foster child, there are more than 100,000 foster children ready to be adopted in the U.S. right now. In recent years, National Adoption Month has become focused on foster children, especially older children. It is a common misconception that older children don’t need or want parenting. But as another teenager noted, he wanted somebody to be sitting proudly in the audience at his high school graduation – proving that the need for family is lifelong.

The future of these children is vitally important. Jewish & Family Service of Pittsburgh (JF&CS) has been committed to help build families and find children safe, loving and permanent homes through its adoption and foster care division, Family Hope Connection (FHC), for more than 20 years. JoAnn White, Director of FHC since its inception, notes some of the many changes in the system over the years.

HERE ARE SOME OTHER FACTS ABOUT ADOPTION AND FOSTER CARE THAT YOU MIGHT NOT KNOW:

- One out of every 25 U.S. families with children has an adopted child.
- There are more than 110,000 foster children eligible for and waiting to be adopted.
- After rising for decades, overseas adoptions have dropped by half since



“Today 40% of adopted children are of a different race, culture, or ethnicity than one or both their adoptive parents. Almost 70% of domestic adoptions are now open adoptions. Single and LGBT people can be foster parents and adopt. And the focus on only adopting infants is gradually easing.”

-JoAnn White, Director of Family Hope Connection

2004. The decline is thought to be due to rising restrictions put in place by other countries. For example, Russia has halted international adoptions altogether.

“The adoption process has evolved as the society has,” she said. “Today 40% of adopted children are of a different race, culture, or ethnicity than one or both their adoptive parents. Almost 70% of domestic adoptions are now open adoptions. Single and LGBT people can be foster parents and adopt. And the focus on only adopting infants is gradually easing.”

People often comment how “lucky” foster children and adoptees are. But adoptive and foster parents aren’t heroes, just people with very big hearts. And if you say their adopted or foster children are lucky, most often they correct you and say THEY are the lucky ones.



If you have experienced foster care or adoption in your family, or if you are interested in learning about whether adoption or foster care might be right for you, you can learn more about options by visiting the **Family Hope Connection** website at www.fhcadopt.org or by calling (412) 422-8567. The compassionate, experienced staff at FHC can guide you through this complicated but ultimately rewarding journey.

Alleviate Pain With Therapeutic Massage Therapy

By Jim Stark

You hurt yourself. Maybe you had surgery or you have been going to physical therapy. You still hurt. What is going on? Every muscle has an antagonist. If you can bend an arm, you can straighten your arm. Some muscles could be out of balance, or there could be scar tissue within the muscles. So what do you do? Do you live with the pain? Or do you turn to drugs - everything from Tylenol to opioids? Pain is your body’s way of saying something is not correct. Don’t let lack of sleep due to pain lead to physical problems, depression, or a general health decline. Before you turn to drugs and their side effects, you may want to ask your doctor if therapeutic massage can help.

Therapeutic massage is very specific. The beauty of massage is that you are in control. You move the joint up to the point of pain; the therapist locates the point of pain and identifies the muscles involved. If you bruised a muscle, scar tissue could be at that location, or the muscle could be receiving a message from the nervous system to tighten to protect the region. The process of massage can calm the nerves, break up scar tissue, and allow more blood to enter the area to promote healing.

Stretches and muscle manipulation are useful in relieving pain or clarifying the points of pain. The repetitive process of identifying pain points and massaging or stretching the muscles is very effective in relieving pain. A key ingredient in this process is that there must be a good dialogue between the client and the therapist. You know what you feel and the therapist knows what he feels. Working together is the quickest path to long term pain relief.

It is vital that all medical players be involved. Doctors can fix things that



Therapeutic Massage relieves tension in the muscles that are too tight. Physical therapy is vital in building up weak muscles. This combination achieves muscle balance.

are broken and have the tools to see what is within the body. We have great surgeons, but surgery is the most invasive solution. Consider a team approach by having a therapeutic massage therapist work in conjunction with the physical therapist before surgery is considered.

Therapeutic Massage relieves tension in the muscles that are too tight. Physical therapy is vital in building up weak muscles. This combination achieves muscle balance.

The Therapeutic Massage Therapist should have a solid understanding of anatomy, and a knowledge of orthopedic massage techniques, neural reset therapy®, trigger point techniques, and deep tissue massage. A good massage therapist knows the importance of working with doctors and physical therapists. Assemble your team, and make sure they can talk and work well together for your benefit.

As you build your healing team, you will need to consider the sharing of your health information. Health Insurance Portability and Accountability Act (HIPAA) protects your health information. The medical community is duty bound to protect your privacy. You have control over who can see or use your information. For your team to work together efficiently, you should provide written permission for them to share your health information. If you want to restrict the information that is shared, you also have that right.



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





CHILDREN'S HEALTH

Integrating School and Community Support through the Individualized Education Plan Process

by **M. Ryan Growden, MA, LBS, BCBA**

For many families of school-age children with special needs, the development and revision of the Individualized Education Plan (IEP) can be a difficult and even overwhelming experience. Despite the many challenges associated with navigating the special education system, the IEP process presents a unique opportunity for parents, school personnel, and community service providers to collaborate and share ideas and information to promote student success. By taking the appropriate steps before, during, and after the IEP meeting, parent(s)/ guardian(s) can play an active role in the coordination of therapeutic services across settings and providers.

One of the most important steps a parent/guardian can take to ensure continuity of care is preparation. Prior to your child's annual IEP meeting, take some time to review his/her treatment plans from outpa-

tient service providers. Look for your child's needs and strengths, as well as the specific interventions identified. If the treatment plans have not been recently updated, have a conversation with his/her therapist to help discuss progress and potential next steps. The IEP team can use this information to guide intervention in the school. Remember that many therapists are willing to collaborate directly with school based service providers with parental consent.

During the IEP meeting, parent(s)/ guardian(s) should be active participants in discussions related to the student's progress, goals, and intervention plans. Be certain to share the information that was provided by community based therapists as well. If your child receives multiple therapies, consider asking his/her Behavioral Specialist Consultant or Case Manager to attend the IEP meeting. Remember to also ask school personnel about their willingness to collaborate with community based

professionals. Active and consistent collaboration is the key to successful coordination of care. Above all, never be afraid to ask questions!

Following the IEP meeting it is important to review the information discussed with community service providers. Some families find it helpful to share a copy of the IEP document or Positive Behavior Support Plan with therapists, while others prefer to provide only a summary of the student's progress, goals, and supports. Throughout the year, keep in touch with the IEP team and ask questions about your child's progress and response to intervention, then share this information with community therapists. By maintaining open communication and sharing information with both school and community based professionals, family members can take an active role in the education and treatment of their student.

In supporting students with special needs, consistency often makes the difference between an intervention being successful or unsuccessful.



ful. Through the IEP process, parent(s)/guardian(s) have the opportunity to gather and share information from both school-based and outpatient service providers in an effort to coordinate goals, intervention strategies, and generalization techniques. By maintaining active and consistent communication among school personnel, family members, and outpatient service providers, parent(s)/guardian(s) will increase the likelihood of a positive response to all supportive services.

M. Ryan Growden, MA, LBS, BCBA, is the Clinical Director at the **New Story School** in Monroeville - a licensed, private school which offers a special education academic learning environment and therapeutic services to help children achieve success while coping with emotional and behavioral challenges. For more information, visit www.newstory.com

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CHILDREN'S HEALTH

ON THEIR TERMS: Independence for Teens with Disability or Chronic Illness

Independence is an essential component of development in every teen's life. This transition comes with challenges for typical teenagers. For those with disability or chronic illness, there can be even more difficulties.

It is natural for caring parents and guardians to assist and advise children as they grow into teens. However, fostering independence and confidence is critical for healthy social development.

As children transition into adolescents, they become involved in activities independent of their parents. They attend sleepovers, expand their social circles and go on field trips. Teens with disability and chronic illness often miss out on these independence building activities because of physical or behavioral differences. However, it is of particular importance to encourage these activities and to instill confidence in their skills as well. Creating healthy separation between parent and child early on fosters teens' growth, character, and self-perception.

The Woodlands, a nonprofit organization with a resort-style campus serving people of all ages with disability, incorporates socialization goals into each of its programs. The programs offered by The Woodlands provide opportunities to increase peer socialization. Additionally, the programs promote utilization of social skills for healthy relationships through recreational and fun experiences. A variety of overnight camps, weekend retreats, and daytime clubs provide many prospects for individuals transitioning through their teenage years to express themselves through socialization and recreation.

The Woodlands encourages participants to develop the skills and healthy lifestyles needed to continue their self-determination, empowerment, overall health, and leadership skills. Options for either day or overnight visits to The Woodlands allow participants to make the choice to be independent on their own terms, staying overnight or for longer periods of time, only when they feel ready to do so.

By instilling the confidence within participants to gain their independence in a barrier-free and supportive environment, teens grow to become more independent adults who take on more responsibility, make decisions, solve problems, and form their own identities.



PHOTO CREDIT: ANNA PATSCH

> To learn more about programs at **The Woodlands** for teens with disability or chronic illness visit www.mywoodlands.org or call **(724) 935-5470**.

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- Talk to other parents and professionals





Self Determination for Students with Visual Impairment

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

Equally important as the academics we teach our children with visual impairments or blindness, we want to teach our children a set of skills that makes them successful members of the community. Every child with visual impairments, regardless of their cognitive abilities, should be taught self-determination and self-advocacy skills. Self-determination means understanding one's abilities and making one's own choices, and is one of the foundations of independence and adulthood. For some, that may mean making simple choices or stating preferences. For others, it may be determining life choices.

Every parent wants their child to lead a happy life that fulfills them. We want our children to set goals and succeed - every child- regardless of their ability level. Obstacles

must be overcome to learn resilience. Research has shown that people who are self-determined create environments of success in their lives.

In order to encourage self-determination in students with visual impairments, educators and parents must provide them skills in the following areas:

- Personal management
- Problem solving
- Decision making
- Effective communication
- Self-advocacy
- Goal setting

At the Western Pennsylvania School for Blind Children, self-determination is one of the areas addressed in the Expanded Core Curriculum. The Expanded Core Curriculum (ECC) provides a framework for instruction in a specialized set of vision-related skills for students who are blind or visually impaired. While students who are blind or visually impaired are

expected to follow the same core curriculum as their sighted peers, there are certain areas in which they need specific instruction because of their vision loss.

As a parent, encourage your child to make structured choices. Even as a young preschooler, you can decide things such as which kind of cereal you might like to eat for breakfast. Give your child chores and responsibilities around the house. Allow them to experience tasks from beginning to end (i.e. Laundry; reading or creating a print



or Braille grocery list; locating items in the store and making the purchase). There are countless opportunities to teach these skills in everyday life. Encourage your child to "happen to the world" and not to "have the world happen to them".

Beth Ramella, M.Ed., TVI/COMS, is Director of Outreach/CVI Project Leader, at the **Western Pennsylvania School for Blind Children**. For more information, please contact the Western Pennsylvania School for Blind Children at **(412) 621-0100**.



Bullying: Fight Back with Your Mind

By **Jan Lee CH, RN**

Bullying is not a "rite of passage." It's not a "right."

It occurs in schools and workplaces. Kids are bullied. So are adults. Bullying is assault. If it's severe enough, it can lead to suicide or homicide. We have all read about a child who was bullied so much that he/she committed suicide.

That schoolyard bully may grow up to become a coworker or even a boss who gets away with bullying.

We can fight bullying legally and through anti-bullying policy. But laws are not always upheld and policy can be weak and ineffective.

Kids and adults can fight back in a powerful way.

Hypnosis.

If you think of the deeper mind as a computer, hypnosis is the new program, the new app for wellness!

Hypnosis is a way to focus, relax, enter into a very deep suggestible state, and accept positive suggestions for change.

Example: If a 10 year old boy is bullied and reacts with fear or crying, or running away, the bully is rewarded with a feeling of power and maybe a sick adoration by some peers. Remember that deep down a bully is insecure, so the motivation for power is strong.

What if the boy changes his reaction through hypnosis and is able to stand up, look fearless, and be unaffected? The bully will move on.

When we rewire, (reprogram) our minds with positive thoughts, we feel and behave differently and create a new response from others.

The 10-year-old is easy to hypnotize (kids are often in hypnotic states with their active imaginations) and his reaction to bullying changes. When he stands up to the bully with confidence and maybe

humor, the bully is "thrown off" and finds the reaction much less rewarding.

Once he experiences hypnosis and reprograms his mind, he will be able to enhance the reprogramming with self hypnosis. Self hypnosis can be a 5 or 10 minute activity.

It's amazing what we can do with the power of our minds. Hypnosis is a natural, powerful intervention for many issues including bullying.

For more information or to make an appointment, contact **Jan Lee CH, RN**, at JanLeeHypnosis via email janleehypnosis@gmail.com or call **(724) 351-1242**.



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CHILDREN'S HEALTH

Sore Throat, Stuffy Nose – 'Here We Go!'

By Ned Ketyer, M.D.

It starts as a little snuffle when your child's bus drops them off at school. Increased stuffiness and nose-blowing follows. The throat gets scratchy and then a little sore. By the time she comes home, she has started to cough and complains of feeling chilled. Her forehead feels warm.

"Here we go," the girl's parent says on a cold January evening. "Let's hope this is just a cold."

How do we know this girl's upper respiratory illness is just that — a common cold — and not something worse, like the flu?

Most common colds are caused by rhinovirus (literally, "nose" virus). Symptoms are familiar (like the ones mentioned above), mild, and last several days before resolving, usually in 7-10 days. The flu, on the other hand, results from infection by one of several different strains of influenza virus. Symptoms progress much faster than the common cold and are much more severe. Heavy congestion and coughing, sore throat,

The development of shortness or breath, chest pain, horrible headache, inability to drink adequate amounts of fluids, or repetitive vomiting are all signs that require immediate medical attention.



headaches and body aches, high fever — basically the worst cold you can think of that hits hard and doesn't let go for at least 5-7 days before its grip is released. Most people who get the flu will take another 5-7 days to recover. School and work will be missed, activities will be cancelled, appointments with the doctor will likely be made.

Since both the common cold and the flu are caused by viruses, antibiotics will not be helpful in curing the infection; neither will typical cold and cough medicines, which can cause harm to children, be effective in easing the miserable symptoms. Staying hydrated by drinking plenty of warm and cool beverages (sipping fluids can be an effective

cough suppressant), using acetaminophen or ibuprofen at recommended doses to reduce fever and aches and pains, and resting by staying home from school and work are usually all that are needed to recover quickly and completely from colds and flu.

The development of shortness or breath, chest pain, horrible headache, inability to drink adequate amounts of fluids, or repetitive vomiting are all signs that require immediate medical attention. Frequent and effective hand washing with soap and water by the person who is sick and all her caretakers is imperative in order to prevent the spread of these common cold and flu viruses to others.

"It can't be the flu — she got her flu shot back in October!" exclaims the relieved parent. An annual influenza vaccine is by far the most effective tool we have in preventing a common infection that unfortunately results in far too many deaths in young infants, the elderly, people who battle chronic illnesses, and many otherwise healthy people — our friends and family members, classmates and coworkers, and even perfect strangers. An annual flu shot protects the person who receives one as well as those people around them.

> Ned Ketyer, M.D., one of the founding

physicians at Pediatric Alliance, is the editor of the The PediaBlog (www.thepediablog.com, palblog@pediatricalliance.com). For more information on Pediatric Alliance, visit the website www.pediatricalliance.com



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Pulmonary Rehab Center Offers Exercise + Education

By Lois Thomson

COPD and chronic lung diseases can have a huge impact on a patient's overall quality of life, and can lead to further deconditioning, increased shortness of breath, decreased endurance and more frequent hospitalizations.

The Pulmonary Health Center at Ohio Valley Hospital provides a comprehensive program that offers one-on-one therapy with a respiratory therapist and an occupational therapist. The Center provides individualized treatment to patients who have a range of respiratory conditions, which can include COPD, emphysema, chronic obstructive asthma, pulmonary fibrosis, pre/post lung transplantation, and other respiratory ailments.

Danielle Krek, an OT, believes the Center stands out because of the services it offers. "We're unique from other ones because I'm an occupational therapist and Steve Taylor is a respiratory therapist, and patients come in and see us individually. The rehab is one-on-one, whereas some others are done in groups. They come in for two hours, twice a week, and spend an hour with me and an hour with Steve. We individualize their pro-



Danielle Krek and Steve Taylor work with two of the patients at Pulmonary Health Center at Ohio Valley Hospital

grams, geared toward what they want to work on."

Krek said the patients practice different breathing exercises and are also educated on how to manage their conditions. "They're not just doing exercises the whole time they're here. For OT, I work with them in their daily activities. A lot of them are on oxygen, so we have them simulate situations in their homes so they know how much oxygen they need and when they should be resting."

For example, she said if some-

body has trouble carrying laundry up the stairs, the Center has a laundry basket they can use to practice with. "We'll actually take a basket out to the stairwell and show them how to do it right." Similarly, if they get short of breath going to the grocery store, a grocery cart is available that they can use. "We educate them on how to do things at home using energy conservation.

"Steve completes six-minute walk tests with patients and helps with their breathing exercises. He monitors them one-on-one on the various exercise equipment, evaluates their oxygen needs, and their medication management."

The benefits are far-reaching. As Krek explained, patients get better quality of life; they improve their breathing, their muscle strength, their endurance; and they can decrease their hospitalizations. "Many people, when they first come in, are in and out of the hospital. We teach them how to keep themselves stronger. We have some who go from being in the hospital all the time to hardly being in at all."

She concluded, "Our service isn't a one-and-done. The Center provides not only very thorough education and exercises, but also a valuable social aspect that benefits our

Danielle Krek, an occupational therapist in the Pulmonary Health Center at Ohio Valley Hospital, said when patients complete their one-on-one therapy sessions, they graduate and enter into what is called the Maintenance Program. "This program lets graduates continue to come in and exercise in a monitored environment where we still address any issues if they arise. Many of them have been coming here for years after they finish, to keep a better quality of life." Most insurances cover the program. Patients need a referral from their doctor, and the patient coordinator can assist with the process.

patients. Many develop friendships and offer support to others dealing with the same issues, and most importantly can help patients be more consistent with their attendance and exercising, so they maintain what they gain."

> For more information, call (412) 777-6470 or visit www.ohiovalleyhospital.org.

Want a Memory Boost? Try A Hearing Test.

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

INTRIGUED BY ALL THE BRAIN-TRAINING PRODUCTS OUT THERE TO KEEP YOUR MIND SHARP AND SPIRITS YOUNG? YOU MAY WANT TO CONSIDER SOMETHING ELSE: A HEARING TEST.

That's right. Mounting evidence links untreated hearing loss to impaired memory and diminished cognitive function. What that means is, if you keep brushing off that suspected hearing loss of yours, your cognition may pay.

Researchers have found that when people with unaddressed hearing loss strain to hear, they tend to do more poorly on memory tests. They may figure out what is being said, but because so much effort goes into just hearing it, their ability to remember what they heard often suffers.

Experts believe this has to do with what they call "cognitive load." That is, in order to compensate for the hearing loss and make out the words, people with untreated hearing loss may draw on cognitive resources

they'd normally use to remember what they've heard. Experts say that untreated hearing loss may even interfere with the person's ability to accurately process and make sense of what was said or heard.

In fact, research shows that people with poorer hearing have less gray matter in the auditory cortex, a region of the brain needed to support speech comprehension.

Other research shows a link between hearing loss and dementia. One Johns Hopkins study found that seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. Another found that hearing loss is associated with accelerated cognitive decline in older adults. And a third revealed a link between hearing loss and accelerated brain tissue loss.

Some experts believe that interventions, like professionally fitted hearing aids, could potentially help.

The bottom line is we actually "hear" with our brain, not with our ears.

So if you think you may have hearing loss, do something about it. Make an appointment with a hearing healthcare professional, and get a hearing test.

After all, research suggests that treating hearing loss may be one of the best things you can actually do to help protect your memory and cognitive function.



Hearing Health

Dr. Nicole Wasel, Au.D., CCC-A, is committed to providing patient education, counseling and hearing



solutions to patients of all ages and abilities. She works at Washington Ear, Nose and Throat located at 80 Landings Dr., Suite 207, Washington, PA 15301.

Dr. Wasel is a member of the American Speech, Language and Hearing Association. Dr. Wasel also serves as a field instructor for both West Virginia University and University of Pittsburgh audiology students.

The Better Hearing Institute (BHI) offers a free, confidential online hearing check where people can determine if they need a more comprehensive hearing test by a hearing healthcare professional.

Access the BHI Hearing Check at www.BetterHearing.org

> To make an appointment, call (724) 225-8995, or email nwasel@washingtont.net or www.washingtont.net.

Senior Guide

- Home Care/Hospice • Skilled Nursing & Rehabilitation
- Senior Services that Support Independent Living
- Resource Directory • Senior Housing



HELPFUL TIPS to Avoid the Winter Blues

by Dr. Marylou Buyse

During the long winter months, it is not uncommon for seniors to experience the winter blues. As the outdoor temperatures fall and the days grow shorter, many older adults spend more time cooped up indoors. Since older adults may be less mobile, less active and less capable of doing things on their own, they can be more vulnerable to feelings of depression during this time.

In fact, those winter blues may actually be a condition called Seasonal Affective Disorder, or SAD, characterized by a period of depression that recurs each year, most commonly during the fall

and winter months. Symptoms may include a depressed or irritable mood, feelings of sadness, anxiety, loss of appetite, fatigue and loss of interest in daily activities.

Fortunately, there are ways for seniors, and their caregivers, to ward off the emotional effects brought on by the cold winter months. Whether you are a senior or a caregiver, these tips can help you beat the winter blues.

► **Spend time outdoors.** When the weather permits, bundle up and go outside for some fresh air and natural light. The change of scenery and environment will also help to stave off cabin fever.

► **Make exercise a priority.** If you aren't able to exercise outdoors, there are still plenty of ways to stay moving. Find a walking group at your mall, sign up for a dance class or participate in water aerobics at a local senior center or YMCA. If you're a Highmark Medicare Advantage member, take advantage of the complimentary SilverSneakers Fitness Program membership to use at any of thousands of participating locations across the country. To learn more about SilverSneakers, visit www.silversneakers.com or call the number on the back of your Highmark member ID card.

► **Maintain a healthy diet.** Your diet can have a big impact on your mood, so it's important that you make healthy food choices. While colder temperatures may cause you to crave comfort food, such as sweets and carbohydrates, make sure you eat plenty of vegetables, fruit, protein and complex carbohydrates.

► **Spend time with friends and family.** Staying connected to friends and family will not only help the winter season pass by more quickly, but it is also a great way to bolster your spirits during the dark days of winter.

If you're struggling to beat the winter blues, make an appointment with your doctor. Together, you can determine whether you may be experiencing a more serious type of depression and discuss the best treatment options for you.



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



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Senior Guide

Seniors Have Healthcare Options To Help Them Remain at Home

Most people cherish the comfort of familiar surroundings, being close to family and friends, and the feeling of being in charge of their own lives. Often seniors and caregivers think that aging and declining health conditions mean that a move to a nursing home is inevitable. However, seniors do have options, and this includes seniors with low and limited income. The LIFE program in Pennsylvania is designed to provide medical and supportive services for people 55 years and older so that they can remain living in their home and avoid nursing home placement. There are no costs for the program for those who are eligible for long-term care Medicaid. Many people qualify for this program but are unaware.

The program, funded by Medicare and Medicaid, provides participants with a wide variety of coordinated health and personal care services to address physical, emotional, and social needs both in the LIFE Center and in the participants' home.

These critical support services allow eligible seniors to remain independent and live at home, more safely, and more comfortably.

LIFE participants must be 55 years of age or older and live in an area served by a LIFE Program. Senior LIFE serves several Pennsylvania counties. Participants must also be determined as medically eligible based on health conditions and financially eligible based on income and assets. For those who are not financially eligible, there is an option to pay privately for the services. Ninety-nine percent of all Senior LIFE members qualify for all services at no cost.

Senior Life provides door-through-door transportation services from the participants' homes to the Senior LIFE center as well as to doctors' appointments. At the LIFE Center, members see their doctor, nurse, social worker and other healthcare professionals as designed by their personalized care plan. In addition to medical services, members participate in recreational activ-



Senior LIFE provides medical and personal support services both in the member's home and at the Senior LIFE Center located in their neighborhood.

ities and enjoy hot meals and snacks.

Mary, who has been a member of Senior LIFE for two years, appreciates having all of her medical services coordinated by one team at the same location. "I have my own medical team that works together and with me to keep me as healthy as possible. When my health changes, they all know about it and are all involved in my care plan."

Sarah, who has been a member for three years, appreciates her medical care but loves the social aspect of Senior LIFE. "Coming to the Center gives me the chance to be around other people and there's always something to do. I was so isolated before. Coming here gives me a routine and a purpose on those days."

The LIFE program has demonstrated that in the elderly popula-

tion, a combination of team care, managed health care services and care coordination can lead to improved health outcomes for participants.

Significant outcomes across LIFE Programs include:

- Fewer hospitalizations
- Fewer nursing home admissions
- Longer survival rates
- Increased number of days in the community
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- Greater satisfaction
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- Greater adult day health care use
- Lower skilled home health visits

> For more information visit SeniorLIFEPA.com or call 1-877-998-LIFE(5433)

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Senior Guide

St. Clair Hospital Initiative Encourages Everyone to Get An Advance Directive

WHO WILL SPEAK FOR YOU, IF YOU CANNOT SPEAK FOR YOURSELF? Who will be prepared to carry out your wishes if you become incapacitated by stroke or brain injury and cannot make decisions? The answer to that important question is an Advance Directive, written instructions that detail the care you want in the event you cannot make decisions or express yourself. An Advance Directive means you ARE the one making decisions for yourself – in advance. Rather than assume that your family and your doctor know what you want, you inform them – clearly, specifically and in writing. An Advance Directive document identifies the person you have chosen to make decisions for you and lists the treatments you consent to.

“Any adult over 18 should have an Advance Directive,” says Jaime Nemeth, D.O., Medical Director for the Palliative Care Medicine Program at St. Clair Hospital. “Most people don’t have one and have never discussed it with their families. I often hear, ‘I’m healthy; I don’t need that.’ But an accident can happen to anyone.”

Dr. Nemeth is helping St. Clair with an initiative that encourages people to complete an Advance Directive. To make that easier, the Hospital is providing the forms to every patient admitted to the Hospital or who is treated in the Emergency Room; help in completing the forms is also provided. Patients will receive copies for themselves, their surrogate and their physician and a copy will be kept on file at the Hospital.

“An Advance Directive is not required, but is good to have,” says Dr. Nemeth, “especially if you have a life-limiting illness, such as cancer or COPD (Chronic Obstructive Pulmonary Disease). An Advance Directive brings peace of mind; they are for you, but also for your loved ones. Most of all, they assure your wishes will be carried out according to your values and beliefs.”



“I often hear, ‘I’m healthy; I don’t need that.’ But an accident can happen to anyone.”
-Dr. Jaime Nemeth

> For more information on Advance Directives, visit www.stclair.org.

ManorCare Health Services – Whitehall Earns Recognition

ManorCare Health Services – Whitehall Borough has been honored as a Champion of Caring of HCR ManorCare, one of seven award recipients from among HCR’s nearly 500 locations nationwide. ManorCare – Whitehall Borough was honored for its strong sense of team, high level of customer service, high employee satisfaction and, in particular, for the leadership of Administrator John Walsh and his inclusive and empowering leadership style guiding his team along a journey to excellence.

According to Regional Director of Operations Denise Curry, recognition of ManorCare – Whitehall Borough for its tenured staff, low rehospitalization rate and consistently high customer service scores stands out. “ManorCare – Whitehall Borough has more than 50 employees with at least a decade of service,” said Denise. “Patients like the continuity of care that comes from tenured, caring staff, and the center’s customer satisfaction scores in the 90th percentile are especially impressive considering the high-acuity patients cared for in the center.” John and his skilled nursing and rehabilitation center were honored in a gathering of 250 of her peers in HCR’s headquarters community of Toledo, Ohio.

ManorCare Health Services – Whitehall Borough, located at 505 Weyman Road in Pittsburgh, is part of the HCR ManorCare family. The HCR ManorCare health care family comprises centers that are leading providers of short-term, post-acute services and long-term care. Quality care for patients and residents is provided through a network of nearly 500 skilled nursing and rehabilitation centers, assisted living facilities, outpatient rehabilitation clinics, and hospice and home health care agencies. These locations operate primarily under the respected Heartland, ManorCare Health Services and Arden Courts names.



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Self Esteem and the Elderly: Finding Support with Your Peers

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

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

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



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

The members of the groups indi-

vidually completed a Self-Esteem Scale at the initial session and upon the final group meeting. The first group of participants showed increased scores in all but one individual. Overall, most had improved significantly. The second group had equal success with most members improving. The Adult Day Health Center's Primary Care Physician observed that some participants reported improvements in which they made to better themselves both physically (e.g. walking) and mentally (e.g. journaling). Other interdisciplinary team members also saw positive results following the group meetings (e.g. decreased anger, improved mood, more engaged in self-care).

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

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

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

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

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Senior Guide

Hospice Volunteering

by SaraBeth Swain and Frank Skrip

We do not know where life will lead us. And when you find yourself on the doorstep of a hospice house, facing this universal truth often evokes a deep emotional response.

"I stood outside the Donnell House, and I was just angry. I had a bad attitude about it. I didn't want to be there. I didn't know why my husband needed to be there. The whole idea was just wrong to me..."

Clara Jean Thomas, a 67-year-old resident of Lone Pine, Pa, will tell you she was experiencing the grief stage of anger at that point, even though her husband of 44 years, Bill, was still on this earth. However, within minutes of walking inside the Donnell House – an inpatient hospice facility operated by Concordia Hospice of Washington – a calmness came over her that she didn't believe was possible in her life at that time.

Bill spent 10 days at the House with Jean and a revolving cast of family and friends before he peace-



Jean's team of volunteers. Front row: Joyce Robinson, Donna Hertic, Mary Dobosh, Jean Thomas, Sara David; back row left to right: Carol Brewer, Linda Ealy, Marjorie Friend, Doris Cowden

fully passed away. Jean said she believes that, given the circumstances, those 10 days couldn't have been any better.

"When I left the Donnell House, I told the staff that we were treated so good I would undoubtedly be back to pay it forward," she said. "I knew right away that I needed to volunteer with this organization that had given so much to me and my family."

Many hospice volunteers share Jean's story. Life unexpectedly brought them to a doorstep of a place they did not want to be. Once inside, they experienced the warmth and compassion from those

who stood on the doorstep before them. Some may call it the pay it forward effect. Others may call it their purpose. No matter the reason for volunteering, one thing is certain – hospice volunteers make a meaningful impact on the lives of the patients and their family members.

➤ Visit **Concordia Hospice of Washington** online at www.ConcordiaHW.org for additional information and to take a virtual tour of the **Donnell House**. You may also call (724) 250-4500 about volunteer opportunities.

Accreditation. What Does It Really Mean?

Your mom is in the hospital recovering from an illness, or maybe it's you and you are going in for outpatient surgery. How important is it that the hospital is accredited for excellence in quality? The answer is likely, "pretty important." So what about a long-term care organization – wouldn't the same standards apply?

Accreditation is a sign of quality. That's why Presbyterian SeniorCare Network seeks accreditation from an outside, objective source. This means that anyone we serve is assured that the services they receive from our organization meet the highest standards. So what do we use as our judge? CARF.

CARF stands for the Commission on Accreditation of Rehabilitation Facilities, and is an international, independent, nonprofit accreditor of health and human services. We have voluntarily pursued CARF accreditation since 2006 in an effort to ensure consumers that we are committed to meeting international standards of service quality and customer satisfaction – think of it almost like the 'Good Housekeeping Seal of Approval.' It is a symbol of quality credentialed by an independent source that consumers can trust.

Recently, Presbyterian SeniorCare Network became one of the first aging services providers in the country



to achieve CARF accreditation in six areas.

First, Presbyterian SeniorCare Network was awarded a Five-Year Term of Accreditation for meeting the "Network" standards for senior services and living options. In fact, we were the first in PA to be accredited under CARF's new Network standards, which were updated to evaluate how well integrated a Network is in providing the highest quality of services to persons served. A Network is comprised of two or more entities that excel in providing services to consumers and offer value in choice, coordination of care, and efficiency of service delivery.

Secondly, we also achieved accreditation in five additional program areas certified by CARF:

- Continuing Care Retirement Communities (CCRCs)
- Assisted Living
- Person-Centered Long-Term Care Communities
- Home and Community Services
- Dementia Care Specialty Program

When it comes to choosing an aging services provider, look for the CARF seal of accreditation. It's a mark of quality you can trust.


➤ To learn more about **Presbyterian SeniorCare Network**, visit www.SrCare.org or call 877-PSC-6500.



7 Tips for Choosing the Best Home Care Agency

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- 1. Always be sure to select an agency that is licensed through the state.**
This ensures that the agency is meeting state standards to protect clients and their families.
- 2. Verify that the caregivers are trained, qualified, and have passed their background checks.**
The best agencies will provide training and continuing education checks for their employees, as well as perform extensive background checks ensuring they are qualified to care for your loved ones.
- 3. Know that the agency's caregivers are bonded and insured.**
This should include professional and general liability, Worker's Compensation, and bonding.
- 4. Ask how the agency evaluates what type of care your loved one needs.**
Become familiar with the agency's divisions or programs and what specific services they are able to provide for your loved one.
- 5. Find out which caregivers will be in your home.**
Understand the agency's process for assigning a caregiver or caregivers to your loved one, so that you know who and what to expect.
- 6. Know the agency's emergency care policy.**
Inquire how the agency and its caregivers are trained and prepared to handle any emergency situations that may arise.
- 7. Know how the agency handles issues and concerns.**
The best agency will have detailed procedures for dealing with any complaints or concerns in order to resolve them in a timely manner.

 This article was submitted by **Harmony Home Healthcare**. For more information please call **1-888-772-8959** or visit www.homewithharmony.com

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Choosing an Apartment

Staying Independent: Is Supportive Housing for You?

YOU HAVE MADE THE DECISION TO MOVE OUT OF YOUR HOME INTO A SMALLER, YET COMFORTABLE APARTMENT THAT YOU CAN MORE EASILY MANAGE ON YOUR OWN - WHERE DO YOU START LOOKING?

Select a location that fits your lifestyle:

There are plenty of location options in senior housing. Some are in the heart of the City offering easy access to bus lines, as well as amenities within walking distance. Others are in more suburban locations away from the hustle and bustle of city life.

While the exteriors look similar, it is important to know that not all apartment buildings are alike. Are you looking for somewhere that you may age in place, somewhere that assists you as your needs change?

If so, "supportive" housing for older adults is an excellent option to stay in your new apartment for as long as possible. Generally, to qualify for supportive housing, there are requirements based on age and income. Be sure to research the requirements before you begin the application process.



SeniorCare Network provides over 30 options in supportive and affordable housing for seniors.

Search for wraparound services: Simply stated, as your needs change, services are available to help you. Some buildings have Service Coordinators who go above and beyond to ensure your wellness, safety and comfort. Service Coordinators will sit down with you, help to assess your needs, and monitor and schedule services as you need them.

Ask what amenities are offered: Look for housing communities that offer onsite laundry facilities, fully equipped kitchens and the majority of utilities included in the rent

Consider personal comfort and safety: If you are active and plan to be in and out of the building, check to see if the building has parking and a secure entrance. If you have a pet, be sure to ask if you may bring them and if the size of the animal is restricted.

There are many things to consider. If you are looking for a senior living community that offers extra wraparound services, consider

"supportive" housing for all of your needs.

> SeniorCare Network, a Presbyterian SeniorCare Network affiliate, offers supportive and affordable housing to qualifying seniors. For more information call (412) 435-8969 or visit www.SrCareNetwork.org.

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VITAS Empowers Seniors to Take Charge of their Cardiac Care



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

When seniors are aware of their healthcare options, they have greater control over the decisions and actions they make regarding their health, including decisions affecting the care of the heart. As a leading pioneer in the national hospice movement since 1978, VITAS Healthcare recognizes the importance of empowering seniors and the community alike to take charge of their cardiac care and healthcare wishes before a crisis arises.

Heart disease is the leading cause of death for both men and women in the United States, and with more than 40 million people age 65 and older, cardiac care should be a top priority. As the nation's leading provider of end-of-life care, VITAS is committed to encouraging seniors to be proactive about their healthcare decisions, especially their cardiac care. When a patient with advanced heart disease has reached the point where the caregiver can no longer meet his or her loved one's needs and a referral to hospice occurs, hospice professionals work diligently to make sure the family members have all the information and support they need.

Hospice—an end-of-life care option that focuses on the patient, not the disease—aims to make life as comfortable, enjoyable and meaningful as possible. The care is provided by highly skilled teams of hospice professionals



Vitas has invested substantial resources to develop a cardiac program where staff are trained on heart failure-specific education and are fully prepared to handle even the most complex heart failure situations.

and administered wherever the patient calls home, such as private residences, nursing homes, assisted living communities, and even hospitals. This allows the patient to stay in a familiar setting surrounded by family and loved ones.

VITAS provides state-of-the-art cardiac care for normal and low ejection heart failure patients including those needing inotropic and circulatory support. The company has invested substantial resources to develop a cardiac program where staff are trained on heart failure-specific education and are fully prepared to handle even the most complex heart failure situations. As part of its innovative model, patients benefit at home from evidence-based cardiac care including therapies traditionally adminis-

tered in the hospital setting.

The VITAS team in Philadelphia and Pittsburgh take great pride in providing excellent care to terminally ill patients, including seniors and those with advanced heart disease. Patients and families receive VITAS' trademark end-of-life care with individualized care plans that address patients' physical, psychological, social and spiritual needs.



For more information about **VITAS Healthcare**, visit www.VITAS.com or call **(412) 799-2101**.

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

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VITAS.com  





Cardiac and Pulmonary Rehab Are Specialties at The Greenery

by Nancy Kennedy

State-of-the-art rehabilitation is the specialty of the house at The Greenery Center for Rehabilitation and Nursing in Canonsburg, where a team of highly skilled professionals restore health and functioning to people with pulmonary, cardiac and orthopedic conditions. Rehab services, which are provided seven days a week, are designed to help people recover following injury, illness, or surgery, or to help those with chronic conditions that sap their strength and make the performance of daily activities difficult.

For people who are recovering from heart attacks, those who are debilitated following cardiac surgery, and others with cardiac conditions including congestive heart failure, The Greenery's cardiac rehab program provides gentle, progressive exercise, including treadmill time, as tolerated, with continuous monitoring of heart function and vital signs. According to Brian McPeake, director of admissions and marketing, the cardiac rehab program is individualized to meet the specific needs of each patient, in collaboration with the patient's cardiologist.

Pulmonary rehab serves those with lung diseases, such as chronic obstructive lung disease (COPD), emphysema, asthma, lung cancer and bronchitis. Therapists and nurses monitor progress as the patient carries out an individually-designed program of exercises and interventions. Both pulmonary and cardiac rehab encompass the entire body and include exercise and therapy to improve overall muscle tone, strength, and endurance. For patients with COPD, a special protocol is employed when patients report early signs of problems. The protocol has proven to be highly effective



and serves to prevent exacerbations of lung disease that would likely result in a re-admission to the acute care hospital.

The Greenery's rehab team is composed of physical therapists, nurses, occupational therapists, speech therapists, dieticians and a physiatrist physician. The state-of-the-art rehab service offers three spacious, fully-equipped rehab therapy gyms, an Activities of Daily Living Kitchen for adapting and practicing daily living skills, and other amenities.

The Greenery offers a range of programs: short term rehab, long term care, and palliative care and respite care admissions. An interdisciplinary staff provides skilled nursing, including the care of medically complex patients; pulmonary and cardiac rehab; diabetes management; IV therapy and enteral feedings; physical, speech and occupational therapy; wound care; peritoneal dialysis; and care of ventilator patients. Through a partnership with Telemedicine Services, The Greenery provides physician coverage 24/7, using electronics to bring a physician via Skype-like technology to the patient during off-hours in the event of a complication. The telemedicine service enables the staff to address problems at the earliest sign.

The Greenery Center is located right next to Canonsburg Hospital, which is part of the Allegheny Health Network. Admissions are accepted 24/7, including direct admissions from the Emergency Room.

For more information, visit the website www.greenerycenter.com or call (724)-745-8000.



Planted in your community. Rooted in excellence.

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

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

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

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



**GREENERY
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FOR REHAB
AND NURSING

The Greenery Center for Rehab and Nursing

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

SENIOR RESOURCES



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ManorCare Pittsburgh 412-665-2400
ManorCare Shadyside 412-362-3500
ManorCare Whitehall 412-884-3500

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DIRECTORY

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



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

ACUTE REHAB

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

ADULTS/CHILDREN DISABILITY

Woodlands
724-935-5470
www.mywoodlands.org
Dedicating to enriching the lives of children and adults with disability and chronic illness.

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

WHS Women's Center Imaging
WHS Diagnostic Center - Peters Township • whsdocs.org

CARDIOLOGY

Jefferson Cardiology Association
412-469-1500
www.jeffersoncardiology.com

CHILDREN, SPECIAL NEEDS

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www.everychildinc.org
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Jewish Family & Children's Service of Pittsburgh
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New Story
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Western Pennsylvania School for Blind Children
1-800-444-1897 • www.wpsbc.org

WHS Children's Therapy Center
whsdocs.org

DAY CARE / SPECIAL NEEDS

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

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412-942-2151 • www.stclair.org

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

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7412-942-7295 • www.stclair.org

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WHS The Washington Hospital
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www.washingtonhospital.org

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www.ohiovalleyhospital.org

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www.squirrelhillpsych.org

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Jeffrey C. Liu, M.D., FHRP,
Cardiac Electrophysiologist,
St. Clair Hospital

Jeffrey C. Liu, M.D., FHRP and his fellow physicians at St. Clair Hospital are already among the most trusted and highly regarded physicians in the Pittsburgh area, caring for their patients at a hospital consistently recognized across the nation as a leader in quality, patient safety, satisfaction, and value.

Now, Dr. Liu and his colleagues have access to even more medical resources courtesy of St. Clair's unique collaboration with Mayo Clinic. For Dr. Liu, this means he can confer with colleagues at Mayo Clinic about a patient and the latest advances in cardiac electrophysiology.

Together, the two teams at St. Clair Hospital and Mayo Clinic are building a healthier community, a community that starts with a healthier you.



Jeffrey C. Liu, M.D., FHRP earned his medical degree at Jefferson Medical College, Philadelphia. He completed a residency in internal medicine at the University of Maryland Medical Center, served as Chief Resident at the Baltimore VA Medical Center, and completed a fellowship in Cardiovascular Medicine and a fellowship in Cardiac Electrophysiology at UPMC. Dr. Liu is board-certified in internal medicine, cardiology and cardiac electrophysiology by the American Board of Internal Medicine. He practices with South Hills Cardiology Associates, a division of St. Clair Medical Services.