

Health NEWS

SHARON REGIONAL  HEALTH SYSTEM



Heart Quality Outcomes Surpass National Benchmarks • Hyperbaric Medicine Comes to Mercer County • New Therapeutic Pool Opens • 100% Digital Mammography • New Fitness Course Donated to Buhl Park

IN THIS ISSUE:

- Heart Program Earns Achievement Award
- Dignity Robe Program Benefits Women at Cancer Care Center
- New Heart Specialist Joins SRHS
- Adolescent Weight Management Program Developed
- January & February Calendar of Events
- News Briefs and More

QUALITY RECOGNITION AND GROWTH HIGHLIGHT 2008 AT SHARON REGIONAL

See inside for a review of the significant quality enhancements, expanded services, new physicians, and other accomplishments at Sharon Regional during 2008.

JANUARY/FEBRUARY 2009

www.sharonregional.com

Continued quality recognition and growth in net patient revenue highlight 2008 at Sharon Regional Health System

Sharon Regional received a number of additional quality recognitions and awards during fiscal year 2008 and also noted a significant growth in net patient revenue. These and other highlights were shared with the Health System's board of directors during its recent annual meeting.

VHA presented Sharon Regional with four additional APEX (Achieving Patient Excellence) awards for demonstrating excellence in patient care, specifically related to zero catheter-related blood stream infections in both the cardiovascular and intensive/coronary care units and zero ventilator-assisted pneumonia in the same units.

A Pennsylvania Health Care Cost Containment Council report in April showed Sharon Regional had lower infection rates than other hospitals in its peer group and lower than the state averages in a number of categories. The Joint Commission on Accreditation of Healthcare Organizations awarded Sharon Regional its Gold Seal of Approval following a full accreditation visit during the fiscal year.

Sharon Regional's heart bypass and heart valve replacement surgical programs again met or exceeded national quality benchmarks in 2008 as set by the Society of Thoracic Surgeons. Its interventional cardiology program bettered the national standard of 90 minutes for "Door to Balloon Time" (time of Emergency Room arrival until a blocked vessel was opened in the cath lab with angioplasty during an acute heart attack) set by the American College of Cardiology.

Sharon Regional experienced a 14.3 percent growth in net patient revenue during fiscal year 2008, the largest percentage growth of any acute care hospital in western Pennsylvania according to a survey published in November by the *Pittsburgh Business*

Times. The revenue growth moved Sharon Regional to the 9th position of the 25 Largest Pittsburgh-Area Hospital Organizations as published by the *Times*.

For the fiscal year, Sharon Regional recorded a \$2,895,343 annual surplus (with \$860,162 of that amount attributable to income from operations). Non-operating income (primarily investment returns) was \$2,035,181.

Leading the way in contributing to the growth in net patient revenue were the double-digit increases in medical oncology and radiation oncology visits to our Cancer Care Center in Hermitage. Sharon Regional also noted a significant increase in mammography procedures done at its Breast Care Center, located



John Zidanssek
President & CEO

"The Health System's position as Mercer County's largest employer and health provider was again strongly reinforced by our accomplishments and growth in 2008," says John Zidanssek, president and CEO. "Sharon Regional's continued quality recognition and growth in net patient revenue are strong indicators of the growing number of individuals and families who are choosing Sharon Regional for their care."

Numerous physicians join Sharon Regional Health System in 2008

Along with quality recognitions, awards, and continued growth in fiscal year 2008, numerous physicians joined Sharon Regional, including several whose specialties are new to the area.

Additional heart capabilities were added in electrophysiology services through the efforts of Maninder Bedi, M.D., who is triple board certified in internal medicine,

cardiology, and cardiac electrophysiology, and in MRI/CT cardiology when J. Ronald Mikolich, M.D., joined Sharon Regional. Dr. Mikolich utilizes cardiac CT angiography and cardiac MRI to diagnose blocked arteries to the heart, malfunctioning heart valves, impaired heart muscle function, and congenital heart disease.

The Cancer Care Center added additional

expertise and capabilities with John Comerci, M.D., gynecologic oncologist, and Lawrence Wickerham, M.D., geneticist. Plus, the Center now has the availability for participation in national clinical cancer trials.

Sharon Regional is the only hospital in Mercer County with 100 percent digital mammography capabilities along with

within the new Diagnostic and Imaging Center in Hermitage. Sharon Regional is the only hospital in Mercer County with 100 percent digital mammography capabilities along with a team of dedicated breast imaging specialists.

During 2008 Sharon Regional also experienced growth in outpatient testing, outpatient physical and occupational therapy, and utilization of its new Therapeutic Pool located adjacent to the Rehab Center in Hermitage.

Other accomplishments during 2008 included:

- The development of a new Lung Center as a multidisciplinary resource for consultation, diagnosis, and treatment of patients with lung cancer or suspected lung cancer
- The introduction of Hyperbaric Oxygen Therapy to Mercer County through the installation of a hyperbaric oxygen chamber at the Advanced Wound Recovery Center in Hermitage
- The opening of a home health office at the Brookfield Family Medicine Center

- The development of a new Asthma Clinic through the offices of Drs. Jeffrey Lazar and Samer Makhoul
- The opening of a satellite office for behavioral health services in New Castle
- The addition of new board of director members Attorney James P. Epstein, Attorney Mary Ann Odem, and Diane Gardner
- The development of a new Sports Injury Clinic, 2360 Highland Rd., Hermitage, as an addition to the Sports Medicine program
- The School of Nursing's May graduating class earning a 96 percent pass rate on the NCLEX-RN licensing exam
- The donation of a new fitness course (with other community funding assistance) to Buhl Farm Park for community wellness in honor of G. Leo Winger, who served 40+ years on the SRHS board of directors

For more information on any Sharon Regional service, visit our website at www.sharonregional.com or contact our Health Information Center at 724-983-5518.

Sharon Regional receives American College of Cardiology Foundation's Silver Performance Achievement Award

Sharon Regional has received the American College of Cardiology Foundation's NCDR ACTION Registry-GWTG Silver Performance Achievement Award for 2008 – one of only 93 hospitals nationwide to do so. The award recognizes Sharon Regional's commitment and success in implementing a higher standard of care for heart attack patients, and signifies that Sharon Regional has reached an aggressive goal of treating coronary artery disease patients with 85 percent compliance to core standard levels of care outlined by the American College of Cardiology/American Heart Association clinical guidelines and recommendations.

To receive the ACTION Registry-GWTG Silver Performance Achievement Award, Sharon Regional consistently followed the treatment guidelines in ACTION Registry-GWTG for 12 consecutive months. These include aggressive use of medications like cholesterol-lowering drugs, beta-blockers, ACE inhibitors, aspirin, and anticoagulants in the hospital.

a team of dedicated breast imaging specialists. Donald Keenan, M.D., a highly respected and well-known breast surgeon from Pittsburgh, joined Sharon Regional and along with Ravi Sachdeva, M.D. and other specialists, offers a breast care program that is unequalled in the region.

The successful recruitment of a number of

other new physicians and specialists to the Health System include: Samir Wahib, D.O., obstetrics/gynecology; Keith Lustig, M.D. and Robert Metts, M.D., orthopedic surgery and sports medicine; Howard Slemons, D.O. and Heidi Bee, D.O., family medicine; Alan Evangelista, D.P.M., foot and ankle surgery; Geoffrey Bull, D.O., emergency medicine;

Lee Goscin, M.D., endocrinology; Sharon Zemel, M.D., pediatric endocrinology; Jason Rock, M.D., psychiatry; Kayal Sambandam, M.D., pulmonology, critical care, and sleep medicine; and Betty Shindel, M.D., Robert Kamenski, M.D., Mathew Hartman, M.D., and Bibiana Klepchick, M.D., radiology.

Community Education Programs • January 2009

monday	tuesday	wednesday	thursday	friday	Doctor's corner & special events
<p>Overeaters Anonymous Mondays 1-2 p.m. Diagnostic & Imaging Center</p>	<p>ESCAPE: Talk About Drugs & Alcohol 1st & 3rd Tuesdays 5:30 p.m. Minority Health Center 724-981-3856</p>	<p>Cardiac Support Group 7 p.m. Diagnostic & Imaging Center</p> <p>Caregivers Support Group 1 p.m. Diagnostic & Imaging Center</p>	<p>HAPPY NEW YEAR FROM THE DIAGNOSTIC & IMAGING CENTER STAFF!</p>	<p>NEW! Health Care Provider CPR 2 9 a.m. Fee \$40 School of Nursing 724-983-CPRI</p> <p>Health Care Provider CPR Recertification 1:30 p.m. Fee \$20 School of Nursing 724-983-CPRI</p>	<p>HOW DO I KNOW WHEN IT'S TOO COLD TO BE OUT? TUESDAY, JANUARY 13 12 P.M. Sergio Segarra, M.D. FACP Emergency Medicine</p> <p>Diagnostic & Imaging Center Please call 724-983-5518 to register</p> <p>UNDERSTANDING YOUR PAP TEST WEDNESDAY, JANUARY 14 6 P.M. Samir Wahib, D.O. Obstetrics/Gynecology</p> <p>Diagnostic & Imaging Center Please call 724-983-5518 to register</p> <p>THE BIRDS, THE BEES AND HPV CERVICAL CANCER <i>Mothers bring your daughters!</i> THURSDAY, JANUARY 15 6 P.M. Rebecca M. Hanigsoy, D.O. Obstetrics/Gynecology</p> <p>Diagnostic & Imaging Center Please call 724-983-5518 to register</p> <p>FREE HEARING SCREEN MONDAY, JANUARY 19 10 A.M. - 12 P.M. Thomas Baranek, MA, CCC/A Audiologist</p> <p>Diagnostic & Imaging Center Please call 724-983-5518 for an appointment</p> <p>All the above programs will be held at the Diagnostic & Imaging Center unless otherwise noted.</p>
<p>5 Prepared Childbirth Series 7 p.m. Diagnostic & Imaging Center</p>	<p>6 The American Lung Association Smoking Cessation Class Tuesdays 6 p.m. 8 sessions \$45 Fee Diagnostic & Imaging Center Please call 724-983-5518 to register.</p>	<p>7 Health America Advantra Town Meeting 11 a.m. Diagnostic & Imaging Center</p> <p>Celiac Disease Support Group 6:30 p.m. Diagnostic & Imaging Center</p>	<p>8 Fibromyalgia Support Group!! 1 p.m. Diagnostic & Imaging Center</p>	<p>9 Children's Story Hour 10 a.m. Curious George Snowy Day</p>	
<p>1 2 Diabetes Prevention Program Tuesday, January 20 1:30 p.m. Community Library of the Shenango Valley Please call 724-981-4360 to register.</p> <p>Hearing Screen 10 a.m. - Noon Call for an appointment Diagnostic & Imaging Center</p>	<p>1 3 Diabetes Self-Management Class 6 p.m. Diabetes Center 724-981-6551</p> <p>Bereavement Support Group Tuesday, January 20 6 p.m. Behavioral Health Services</p>	<p>1 4 Highmark Senior Products 10 a.m. - 2 p.m. Diagnostic & Imaging Center</p> <p>Alzheimer's Support Group 6 p.m. Diagnostic & Imaging Center</p>	<p>1 5 New! Healthy Eating Support Group 4 p.m. Diagnostic & Imaging Center This group is for anyone wanting to eat healthier and wanting to lose weight. Please call 724-983-5518 to register.</p>	<p>2 3 Diabetes Self-Management Class Weekend Series begins Saturday, January 31 9 a.m. Diabetes Center 724-981-6551</p>	
<p>1 9 Compassionate Friends 7 p.m. Diagnostic & Imaging Center</p> <p>T.R.I.O. Transplant Support Group 7 p.m. Diagnostic & Imaging Center</p>	<p>2 7 Support For Sudden Infant Death Survivors 7 p.m. Behavioral Health Services</p>	<p>2 8 Highmark Senior Products 9 a.m. - 3 p.m. Diagnostic & Imaging Center</p>	<p>2 9 Medic Alert information available at the Diagnostic & Imaging Center</p>	<p>3 0 Every Friday - Free Blood Pressure Screening 9 a.m. - 3 p.m. Diagnostic & Imaging Center</p>	
<p>CHECK OUT OUR WEBSITE!! www.sharonregional.com</p>	<p>NOTE: Diabetes Education & Nutrition Counseling Programs also at Mercer Family Medicine Center. For more information or an appointment, please call 724-981-6551.</p>	<p>NOTE: Diabetes Education & Nutrition Counseling Programs also at Mercer Family Medicine Center. For more information or an appointment, please call 724-981-6551.</p>	<p>NOTE: Diabetes Education & Nutrition Counseling Programs also at Mercer Family Medicine Center. For more information or an appointment, please call 724-981-6551.</p>	<p>NOTE: Diabetes Education & Nutrition Counseling Programs also at Mercer Family Medicine Center. For more information or an appointment, please call 724-981-6551.</p>	

Behavioral Health Services | 2375 Garden Way | 724-983-5454

Brookfield Family Medicine Center | 7264 Warren-Sharon Road | 330-448-0500

Cancer Care Center | 2320 Highland Road | 724-983-5900

Diabetes Center | 2395 Garden Way | 724-981-6551

Diagnostic & Imaging Center | 2435 Garden Way | 724-983-3931

Mercer Family Medicine Center | 551 Greenville Road | 724-662-4155

PLEASE CALL 724-983-5518 OR 1-800-346-7997 TO REGISTER FOR ALL PROGRAMS

Community Education Programs • February 2009

monday	tuesday	wednesday	thursday	friday	Doctor's corner & special events
<p>Overeaters Anonymous Mondays 1-2 p.m. Diagnostic & Imaging Center</p>	<p>ESCAPE: Talk About Drugs & Alcohol 1st & 3rd Tuesdays 5:30 p.m. Minority Health Center 724-981-3856</p>	<p>Cardiac Support Group 7 p.m. Diagnostic & Imaging Center</p> <p>Caregivers Support Group 1 p.m. Diagnostic & Imaging Center</p>	<p>Playtime Stimulation For Newborns 10 a.m. Diagnostic & Imaging Center</p> <p>Celiac Disease Support Group Thursday, February 12 6:30 p.m. Diagnostic & Imaging Center</p>	<p>Seniors For Safe Driving Friday, February 6 9 a.m. - 1:00 p.m. or Tuesday, February 24 5:30 p.m. - 9:30 p.m. Richard D'Arcangelo \$15 Fee Diagnostic & Imaging Center Please call 1-800-559-4880 to register</p>	<p>SEXUALITY/SENSUALITY WEDNESDAY, FEBRUARY 11 6 P.M. Rebecca M. Hanigovsky, D.O. Obstetrics/Gynecology</p> <p>Diagnostic & Imaging Center Please call 724-983-5518 to register</p> <p>WOMEN AND HEART DISEASE: IT'S MORE THAN JUST YOUR CHOLESTEROL THURSDAY, FEBRUARY 19 12 P.M. J. Ronald Mikolich, M.D. MRI/CT Cardiology Specialist Diagnostic & Imaging Center Please call 724-983-5518 to register</p>
<p>Why Do I Need A Will? Tuesday, February 10 Attorney at Law Barbara Seman Ochs, Esq. 2 p.m. Diagnostic & Imaging Center Please call 724-983-5518 to register.</p>	<p>American Red Cross Blood Drive 10:30 a.m. - 3:30 p.m. Diagnostic & Imaging Center Please call 724-983-5518 or 1-800-346-7997 to register. Walk-ins welcome.</p>	<p>Writing Your Life: Journaling Wednesdays 8 weeks 1 p.m. - 3:00 p.m. Led by Elsie Sonoga Diagnostic & Imaging Center Please call 724-983-5518 to register.</p>	<p>Cholesterol Screening 1 2 7 - 8 a.m. Fee \$25 Total Cholesterol, HDL, Blood Sugar 12 hour fast required Free Blood Pressure Screen/BMI Cholesterol free and low sodium diet information. Diagnostic & Imaging Center Please call 724-983-5518 to register.</p>	<p>NEW! Health Care Provider CPR 6 9 a.m. Fee \$40 School of Nursing 724-983-CPRI</p> <p>Health Care Provider CPR Recertification 1:30 p.m. Fee \$20 School of Nursing 724-983-CPRI</p> <p>Fibromyalgia Support Group! 1 p.m. Diagnostic & Imaging Center</p>	
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<p>Why Do I Need A Will? Tuesday, February 10 Attorney at Law Barbara Seman Ochs, Esq. 2 p.m. Diagnostic & Imaging Center Please call 724-983-5518 to register.</p>	<p>American Red Cross Blood Drive 10:30 a.m. - 3:30 p.m. Diagnostic & Imaging Center Please call 724-983-5518 or 1-800-346-7997 to register. Walk-ins welcome.</p>	<p>Writing Your Life: Journaling Wednesdays 8 weeks 1 p.m. - 3:00 p.m. Led by Elsie Sonoga Diagnostic & Imaging Center Please call 724-983-5518 to register.</p>	<p>Cholesterol Screening 1 2 7 - 8 a.m. Fee \$25 Total Cholesterol, HDL, Blood Sugar 12 hour fast required Free Blood Pressure Screen/BMI Cholesterol free and low sodium diet information. Diagnostic & Imaging Center Please call 724-983-5518 to register.</p>	<p>NEW! Health Care Provider CPR 6 9 a.m. Fee \$40 School of Nursing 724-983-CPRI</p> <p>Health Care Provider CPR Recertification 1:30 p.m. Fee \$20 School of Nursing 724-983-CPRI</p> <p>Fibromyalgia Support Group! 1 p.m. Diagnostic & Imaging Center</p>	
<p>Breastfeeding Class 6:30 p.m. Diagnostic & Imaging Center</p>	<p>Cancer Care Center: I Can Cope: Managing the Effects of Illness and Treatment 1-3 p.m. Colleen DiMario, R.N. Cancer Care Center</p>	<p>Health America Advantra Town Meeting 11 a.m. Diagnostic & Imaging Center</p> <p>Alzheimer's Support Group 6 p.m. Diagnostic & Imaging Center</p>	<p>Highmark Senior Products 10 a.m. - 2 p.m. Diagnostic & Imaging Center</p> <p>Medic Alert information available at the Diagnostic & Imaging Center</p>	<p>Children's Story Hour 10 a.m. One Mitten</p>	<p>AMERICAN RED CROSS BLOOD DRIVE TUESDAY, FEBRUARY 3 10:30 A.M. - 3:30 P.M.</p> <p>Diagnostic & Imaging Center Please call 724-983-5518 to register Walk-ins welcome! Help save a life!</p>
<p>Compassionate Friends T.R.I.O. Transplant Support Group 7 p.m. Diagnostic & Imaging Center</p>	<p>NEW! Health Care Provider CPR 4 p.m. Fee \$40 School of Nursing 724-983-CPRI</p> <p>Bereavement Support Group 6 p.m. Behavioral Health Services</p> <p>Support For Sudden Infant Death Survivors 7 p.m. Behavioral Health Services</p>	<p>NOTE: Diabetes Education & Nutrition Counseling Programs also at Mercer Family Medicine Center. For more information or an appointment, please call 724-981-6551.</p>	<p>DEXA Bone Density Testing is available at the Diagnostic & Imaging Center with any physician order. Please call 724-983-3945 for an appointment.</p>	<p>AMERICAN RED CROSS BLOOD DRIVE TUESDAY, FEBRUARY 3 10:30 A.M. - 3:30 P.M.</p> <p>Diagnostic & Imaging Center Please call 724-983-5518 to register Walk-ins welcome! Help save a life!</p>	

Behavioral Health Services 2375 Garden Way | 724-983-5454
Brookfield Family Medicine Center 7264 Warren-Sharon Road | 330-448-0500
Cancer Care Center 2320 Highland Road | 724-983-5900
Diabetes Center 2395 Garden Way | 724-981-6551
Diagnostic & Imaging Center 2435 Garden Way | 724-983-3931
Mercer Family Medicine Center 551 Greenville Road | 724-662-4155

PLEASE CALL 724-983-5518 OR 1-800-346-7997 TO REGISTER FOR ALL PROGRAMS

Dignity Robe program benefits women at Cancer Care Center

Good news in October about a Dignity Robe program in the Pittsburgh area traveled to Sharon Regional and was passed along to Jessi McCloskey, chief radiation therapist at Sharon Regional's Cancer Care Center.

Now, Jessi is the director/coordinator of the new Sharon Regional-based Dignity Robe program that hopes to benefit all female patients who require a gown when receiving radiation treatment at the Cancer Care Center, 2320 Highland Rd., Hermitage. Its main goal is to see that women receive these robes, or gowns, as a gift from other women.

"I just loved the idea and started asking for volunteers within the Health System," Jessi recalls. "I was pleasantly surprised to find that the information was being spread throughout Mercer County. My phone was ringing off the hook with volunteers to cut, sew, launder, and press fabric. We had our first meeting in November with great response and the robes are starting to come back completed."

Arlene Seger, of Monroeville, started the project in April 2006. She and helpers have made about 1,350 since then. They felt a need for a better robe based on inadequate design of basic hospital gowns used for radiation therapy. They designed



Colorful Dignity Robes for female patients who require a gown when receiving radiation therapy are proudly displayed by Arlene Seger, center, Marsha Driscoll, left, and Jessi McCloskey, chief radiation therapist at Sharon Regional's Cancer Care Center. Arlene started a Dignity Robe program two years ago in Monroeville to honor a friend who died of breast cancer. Jessi is director/coordinator of a new Sharon Regional-based Dignity Robe program and Marsha is a local volunteer.

a "dignity robe" with strategically placed Velcro.

Dennis Ulewicz, M.D., director of Radiation Oncology at Sharon Regional's Cancer Care Center, believes the robes have a positive impact on cancer patients.

"Everything we can possibly do to help patients maintain a sense of pride and dignity as well as their overall well-being impacts on how well they tolerate their radiation treatments," Dr. Ulewicz says. "Patients need to get the maximum benefits from all therapies."

The local program has "kits" at the Cancer Care Center ready to be signed out. A kit contains pre-cut fabric, Velcro and instructions on how to sew together. Jessi says the program will continue to make kits for the volunteers who want to focus their

efforts on sewing. The group plans meetings early in January to cut the patterns out and make the kits so it has a constant supply.

Funding for non-profit program comes from a few private donations along with a \$2,500 grant from the Susan G. Koman for the Cure Foundation and a \$1,000 grant from the Shenango Valley Foundation. A special Dignity Robe Fund Account has been started through Sharon Regional's Development Fund.

For more information or to participate in the Sharon Regional program, please call Jessi McCloskey at 724-983-5921. Donations can be sent to her in care of the Dignity Robe Fund, Cancer Care Center, 2320 Highland Rd., Hermitage, PA 16148. Checks should be payable to Sharon Regional Health System.



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Evening hours available. For more information or to schedule an appointment, call 724-342-4170.

295 N. Kerrwood Drive • Suite 106 • Hermitage, PA 16148

accepting new patients...

New cardiologist joins Sharon Regional



Nicola B. Nicoloff, M.D., F.A.C.C.

Nicola B. Nicoloff, M.D., F.A.C.C., cardiologist, recently joined the medical staff of Sharon Regional. Dr. Nicoloff is associated with

fellow cardiologists James Ryan, M.D., Jose Millan, M.D., Ronnie Mignella, M.D., Dilip Patel, M.D., and J. Ronald Mikolich, M.D., in Sharon Cardiology Specialists (SCS).

Dr. Nicoloff's cardiology practice will focus

on outpatient/office cardiology, cardiac stress testing, and echocardiography. He is board certified in both cardiovascular disease and internal medicine through the American Board of Internal Medicine and also earned board certification in nuclear cardiology. Dr. Nicoloff is a Fellow of the American College of Cardiology and a member of the American Society of Nuclear Cardiology and American Society of Echocardiography.

Dr. Nicoloff is a clinical associate professor of internal medicine at Northeastern Ohio Universities College of Medicine and previously served as a staff cardiologist

at both St. Elizabeth Hospital Medical Center and Forum Healthcare System, Youngstown, OH.

He completed a fellowship in cardiology at Emory University School of Medicine in Atlanta served both his residency and internship at Riverside Methodist Hospital in Columbus. Dr. Nicoloff received his medical education from the Ohio State University College of Medicine.

Dr. Nicoloff will see patients at the SCS office, 2999 Presidential Blvd., Hermitage, beginning January 5. For more information or to schedule an appointment call 724-983-1800.

Adolescent Weight Management Program started by BHS

Sharon Regional's Behavioral Health Services (BHS) has announced a new Adolescent Weight Management Program that will begin in January for overweight or obese youngsters ages 13-17. The six-month program is offered through the BHS outpatient center, 2375 Garden Way, Hermitage.

"Adolescents who are overweight often face many challenges that can have long-term consequences affecting their emotional development and well-being," says Sandy Melvin, director of BHS Outpatient Services. "The prejudices associated with being overweight or obese are extensive and young people are often humiliated and embarrassed."



"Weight management is about knowledge, skills, and lifestyle, and not will power. The goals of this new program at Behavioral Health Services are to create changes that will improve the emotional and physical health of adolescents."

Components of the program include a psychological evaluation with a BHS licensed psychologist, a referral to one or more services including mental health group therapy with a licensed clinical social worker; the child's primary care physician; nutritional counseling; or a program of physical activities at the YMCA or other facility. There is also a family component in which parents and/or siblings are included.

For more information or to register for the program, please call 724-983-5454.



AWARE Donation - Sharon Regional recently donated 500 cell phones along with an assortment of car and home chargers to AWARE to use in their agency programs. Pictured (left to right) are Jackie Fazio, AWARE direct services supervisor, and Mark Seger and Regina Conrad, co-directors of Sharon Regional's Information Services Department that coordinated the donation. The phones became available when Sharon Regional switched its cell phone service provider.

Dr. Ashraf Osman named Fellow in specialty area

Ashraf Osman, M.D., FACS, a cardiothoracic surgeon at Sharon Regional, was named a Fellow of the American College of Surgeons during convocation ceremonies at the College's 94th annual Clinical Conference held recently in San Francisco.

Dr. Osman has earned board certification in both general surgery and cardiothoracic surgery, and has a strong professional interest in minimally invasive surgery for the heart and lungs. He is a member of the Society of Thoracic Surgeons and American College of Chest Physicians.

Dr. Osman is a member of Cardiothoracic Surgical Specialists with offices located within the Heart Institute at Sharon Regional, 740 East State St., Sharon.

Sharon Regional diabetes coordinator attends Diabetes Institute

Lisa Bertolasio, RN, MS, CDE, coordinator of the Diabetes Center at Sharon Regional, recently attended the national Diabetes Institute in Milpitas, California, sponsored by Johnson and Johnson.

The Institute is part of a new effort to address the growing epidemic of diabetes, which now affects more than 180 million people worldwide and is predicted to double to 360 million people by 2030. The Diabetes Institute was established in 2007 and is a worldwide effort to provide training on diabetes guidelines and standards of care, in-person product training, insulin pump therapy, communication with patients and family, new tools and technologies, blood glucose pattern management, and software solutions for thousands of physicians, nurses, and other health providers.

Sharon Regional's Diabetes Center, located at 2395 Garden Way in Hermitage, provides diabetic education, insulin pump therapy, and diabetic nutritional counseling for individuals with Type 1, Type 2, and pregnancy-related diabetes. For more information please call 724-981-6551.

Sharon Regional participates in national flu surveillance network

Sharon Regional has received a certificate of appreciation from the Centers for Disease Control and Prevention, in collaboration with the U.S. Dept. of Health and Human Services and the PA Department of Health for its participation in the U.S. Influenza Sentinel Provider Surveillance Network for 2007-2008. This is the fifth year Sharon Regional was recruited to participate in the Network, which consists of physician practices and free-standing "urgent care" type facilities.

Sharon Regional was the only hospital in northwest Pennsylvania that participated in the program, which identifies patients with influenza-like illnesses, anonymously submits case information to the CDC, and sends selected lab specimens to the CDC for testing to trend areas of the country where influenza activity is occurring.

REMEMBER THESE DATES:

AUXILIARY CHARITY BALL

Saturday, April 18
Avalon Country Club at Buhl Park

*Proceeds benefit Sharon Regional's
Diagnostic & Imaging Center
Cardiac MRI*

Sponsorship opportunities and
Tickets are available through our
Volunteer Office: 724-983-3805

SCHOOL OF NURSING OPEN HOUSE

Monday, February 2
5 p.m.-8 p.m.

School of Nursing | 740 E. State St., Sharon

Meet instructors, students, and tour
The School and Health System

More information: 724-983-3865 or visit
www.sharonregional.com/schoolnursing.htm

Shenango Valley YMCA

925 North Hermitage Road, Hermitage
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YMCA 2009 HEALTH PLAN

Helping our valley stay strong during a weak economy

This year more than ever it pays to stay healthy and to help you do that the YMCA is offering for the month of January all new members save \$25 - \$50. This includes FREE equipment orientation, fitness testing and exercise programs!
** If you have Highmark Health Insurance, be sure to stop at the YMCA to see how you can save even more money on YMCA memberships and programs!

YOUTH PROGRAMS

YMCA members receive special discount pricing, but all youth programs are open to members and non-members.

Tiny Tots: Fitness class for 3 and 4 year olds to get preschoolers involved in a healthy activity where they will have fun and meet new friends.

Yoga for Children: in grades 2-6 offers simple Yoga moves and games you and your kids can do together. Yoga promotes strength, flexibility, good coordination, posture, relaxation and concentration and is suitable for children of all capabilities. Above all, it is a gentle, noncompetitive form of exercise that all children can enjoy.

Home-school Gym Class: For children of all ages. This class will provide fun exercises and games to keep home-school students active in a healthy and caring environment. This is a great opportunity to meet the Physical Education requirement set forth in the PA Home-school Law.

YMCA Art Class: Gives children in grades 2-6 the opportunity to learn exciting and unique types of art. This class follows the "Discovering Great Artists Curriculum" and encourages all participants to express their creativity by creating their own unique art.

For more information, please call the YMCA, or stop in for a tour!



Health NEWS

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