

Health NEWS

SHARON REGIONAL  HEALTH SYSTEM

News For You and Your Family From Sharon Regional



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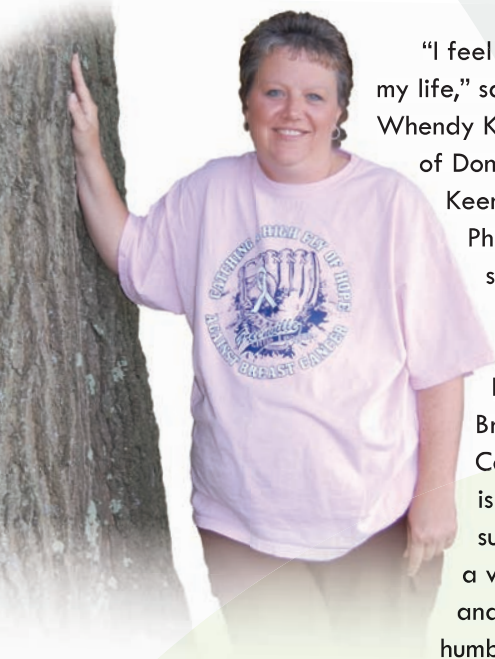
Greenville woman praises breast surgeon Dr. Donald Keenan

Whendy Kozminski, along with her husband, Brian, and three sons Patrick, Ben, and Michael, pause for a family picture in their back yard. Whendy was extremely grateful for the care and compassion shown by breast surgeon Donald Keenan, M.D., Ph.D., and the staff of Sharon Regional's Breast Care Center and Cancer Care Center during her battle with breast cancer.

JULY/AUGUST 2011

www.sharonregional.com

Greenville woman grateful for Sharon Regional's Breast Care Center and Donald Keenan, M.D., Ph.D.



"I feel he saved my life," says Whendy Kozminski of Donald Keenan, M.D., Ph.D., breast surgeon with Sharon Regional's Breast Care Center. "He is a great surgeon and a very caring and very humble man."

Dr. Keenan performed a double mastectomy on Whendy, 39, of Greenville, last August in the hospital of Sharon Regional. Whendy's road to surgery started April 2010 with a mammogram and biopsy in the office of a Greenville OB/GYN specialist. A diagnosis of breast cancer led to a referral to Dr. Keenan at Sharon Regional's Breast Care Center, located in Sharon Regional's Diagnostic & Imaging Center, 2435 Garden Way, Hermitage.

Whendy quickly saw Dr. Keenan, who ordered a number of additional diagnostic tests. Test results showed a 5 centimeter tumor and stage 3 breast cancer. Dr. Keenan suggested chemotherapy to shrink the tumor followed by a double mastectomy.

He also suggested that Whendy may want to get a second opinion. Whendy got

that second opinion at Cleveland Clinic and then chose to complete her treatment with Dr. Keenan.

"Something about Dr. Keenan just stuck with me," she recalls. "He is extremely honest, which I like, but has a friendly manner at all times. He always answered all my questions and always called me back. My life was in his hands."

Four rounds of chemotherapy started in May 2010 with George Garrow, M.D., director of medical oncology at Sharon Regional's Cancer Care Center.

Whendy kept busy during her diagnosis, chemotherapy, surgery, and post-operative recovery with her family of husband, Brian, and sons Patrick, 15, Ben, 11, and Michael, 8. She also continued taking graduate classes for a Master's in education at Edinboro University and missed little time at her teaching position at Keystone Charter School. She says the support of Keystone was an important part of her recovery.

Post surgery treatments included four more rounds of chemotherapy last autumn with Dr. Garrow and some radiation therapy earlier this year with Dennis Ulewicz, M.D., radiation oncology, also at Sharon Regional's Cancer Care Center.

"Thanks to Dr. Keenan," Whendy adds, "I am looking forward to having my family see me graduate from Edinboro this December."

For more of Whendy's story, visit www.sharonregional.com/bccweb.asp

The Breast Care Center of Sharon Regional

The Breast Care Center of Sharon Regional, located in Sharon Regional's Diagnostic & Imaging Center, 2435 Garden Way, Hermitage, is dedicated to meeting the physical and emotional needs of women throughout the mammography screening, diagnosis, surgical intervention, and treatment process.

SPECIFIC SERVICES

- Complete Diagnostic Services
- Digital Mammography
- Breast MRI and Ultrasound
- Ultrasound, Stereotactic and MRI Breast Biopsy
- Same Day Mammography Results
- On-site Breast Imaging Specialists
- Dedicated Breast Surgeons with on-site Consultations
- Information and support to women who face further breast diagnostic tests and/or those with a diagnosis of breast cancer who face surgery, chemotherapy, or radiation
- Educational programs for the community on breast care, breast cancer prevention, and treatment options
- Coordination of referrals to community resources as appropriate.

For more information on mammography, breast cancer, or any breast health concerns, please contact Cindy Mastrian, RN, CBPN-IC, breast care nurse navigator, at 724-983-7394 or e-mail at breastcare@srhs-pa.org



Donald Keenan, M.D., Ph.D.
Breast surgeon

Board Certified:
American Board of Surgery

Member: American Society of Breast Surgeons

724-983-5492



Ravi Sachdeva, M.D.
Breast surgeon

Board Certified:
American Board of Surgery

Member: American Society of Breast Surgeons

724-981-0630

Sharon Regional works with Cleveland Clinic to enhance care of stroke patients

Sharon Regional's new agreement with Cleveland Clinic's Telestroke Network significantly enhances the level of emergency stroke care for patients in the region. The Telestroke Network is a part of Cleveland Clinic's Cerebrovascular Center, which has one of the highest stroke-related patient volumes in the country. The Cerebrovascular Center is a division of Cleveland Clinic's Neurological Institute, which is ranked by U.S. News & World Report among the top neurology and neurosurgery programs nationwide, and is also ranked the best in Ohio.

The Cleveland Clinic Telestroke Network is an advanced level of expert stroke care with immediate, round-the-clock access to patient consultation services from Cleveland Clinic's team of neurological specialists. This immediate access is based on a mobile, two-way videoconferencing system located in Sharon Regional's Emergency Care Center that provides a dedicated link for the sharing of brain images and other vital patient information between specialists at Sharon Regional and Cleveland Clinic.

Specifically, the way this collaboration operates includes: 1) A patient with stroke

Stroke Warning Signs

The warning signs of a stroke include: 1) Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body; 2) Sudden confusion, trouble speaking, or understanding; 3) Sudden trouble seeing in one or both eyes; 4) Sudden trouble walking, dizziness, loss of balance or coordination; and 5) Sudden, severe headache with no known cause.

The greatest opportunity to survive a stroke and limit long-term disability is to call 911 and seek emergency treatment at the first sign of any stroke symptoms.

symptoms presents to Sharon Regional's Emergency Care Center; 2) The emergency physician and/or consulting physicians contact Cleveland Clinic Cerebrovascular Center to present the patient's vital information; 3) Within minutes the Sharon Regional team is communicating through videoconferencing with a Cleveland Clinic stroke specialist who will remotely evaluate the patient's symptoms; and 4) The specialists at Cleveland Clinic discuss recommended treatment strategies with the Sharon Regional medical team.

PICTURED BELOW:

The Critical Care Team from The Cleveland Clinic recently visited Sharon Regional to talk with staff about the collaborative relationship with the Clinic to help provide state of the art care for acute stroke patients.

Members of the Critical Care Team shared information about services and provided a formal presentation related to acute stroke care and how area patients benefit from having rapid access to the Clinic's Telestroke Network.

The team also provided tours of its critical care air transport helicopter.



Community Education Programs • August 2011

ALL PROGRAMS AT THE HERMITAGE DIAGNOSTIC & IMAGING CENTER UNLESS OTHERWISE NOTED. PLEASE CALL 724-983-5518 OR 1-800-346-7997 TO REGISTER FOR ALL PROGRAMS

monday	tuesday	wednesday	thursday	friday	Doctor's corner & special events
<p>Overenters Anonymous Mondays 1-2 p.m.</p> <p>August is National Immunization Month & Cataract Awareness Month Stop by the Diagnostic & Imaging Center for more information</p>	<p>ESCAPE: Talk About Drugs & Alcohol 1st & 3rd Tuesdays 5:30 p.m. Minority Health Center 724-981-3856</p> <p>Quitting for Life Smoking Cessation Classes 6 p.m. 4 weeks Fee \$25</p> <p>Amputee Support Group 6 p.m. Please call 724-983-5518 or 1-800-346-7997 to register</p>	<p>Caregivers Support Group 1 p.m. Diagnostic & Imaging Center</p> <p>Health America Advantra Town Meeting 6 p.m. Medicare 101 for those who will be new to Medicare</p>	<p>What Is Diabetes? Monday, August 8 10 a.m. Saturday, August 13 9 a.m. Monday, August 22 1 p.m. Diabetes Center 724-981-6551</p> <p>Playtime Stimulation for Newborns 10 a.m.</p> <p>Celiac Disease Support Group Thursday, August 11 6:30 p.m.</p> <p>Diabetes Support Group 11:15 a.m. Shenango Valley Senior Center Diabetes Center 724-981-6551</p> <p>Highmark Health on the Menu: Family Matters 12 p.m. Gayle Linden, L.P.N.</p> <p>AUGUST IS NATIONAL IMMUNIZATION MONTH Shenango Valley Immunization Clinic Pennsylvania Department of Health Mercer County State Health Center 9 a.m. - 3 p.m. You must call 724-662-4000 for an appointment Fee \$5 or free depending on your income</p> <p>Bariatric Support Group 6 p.m. 724-983-5518</p> <p>Live in Mercer/Grove City/Stoneboro area? We now provide Diabetes and Nutrition Education at the Mercer Family Medicine Center. Call for more information or to schedule in Mercer 724-981-6551.</p>	<p>Meal Planning Classes for those with Diabetes Monday, August 8 1 p.m. Saturday, August 13 10:30 a.m. Monday, August 22 6 p.m. Diabetes Center 724-981-6551</p> <p>NEW! Health Care Provider CPR 9 a.m. Fee \$40 School of Nursing 724-983-CPR1</p> <p>Health Care Provider CPR Recertification 1:30 p.m. Fee \$20 School of Nursing 724-983-CPR1</p> <p>Every Friday - Free Blood Pressure Screening 8 a.m. - 1 p.m.</p>	<p>FREE HAND, ELBOW OR SHOULDER SCREEN TUESDAY, AUGUST 9 10 A.M. - 12 P.M. Maureen Riggle, MEd, OTR, L.CHT Please call 724-983-5518 for an appointment</p> <p>FREE FOOT SCREEN WEDNESDAY, AUGUST 10 11 A.M. - 12 P.M. James LaPolla, D.P.M. Podiatrist Brookfield Family Medicine Center Please call 1-800-346-7997 for an appointment</p> <p>FREE HEARING SCREEN MONDAY, AUGUST 15 10 A.M. - 12 P.M. Thomas Rameek, MA, CCC/A Audiologist Please call 724-983-5518 for an appointment</p> <p>WHAT'S NEW IN CATARACT SURGERY? TUESDAY, AUGUST 16 5:30 P.M. Robert F. Lindberg, D.O. Ophthalmologist Please call 724-983-5518 to register</p> <p>BIARIATRIC SURGERY INFORMATIONAL MEETING WEDNESDAY, AUGUST 24 6 - 8 P.M. Ravi Alapati, M.D. Laparoscopic Surgeon & Director of Bariatric Surgery Program Please call 724-983-5518 to register</p>
<p>Free Hearing Screen 10 a.m. - 12 p.m. Please call for an appointment 724-983-5518</p> <p>Medic Alert information available at the Diagnostic & Imaging Center</p> <p>Compassionate Friends Balloon Launch 5:30 p.m. Shenango Township Park Rt. 318, West Middlesex Please call Donna at 724-342-0035 to register for your balloon order and for more information.</p>	<p>NEW! Health Care Provider CPR 4 p.m. Fee \$40 School of Nursing 724-983-CPR1</p> <p>Bereavement Support Group 6 p.m. Behavioral Health Services</p>	<p>Health America Advantra Town Meeting 11 a.m. Senior Products</p> <p>Alzheimer's Support Group 6 p.m.</p>	<p>Diabetes Support Group 11:15 a.m. Shenango Valley Senior Center Diabetes Center 724-981-6551</p> <p>Highmark Health on the Menu: Family Matters 12 p.m. Gayle Linden, L.P.N.</p> <p>AUGUST IS NATIONAL IMMUNIZATION MONTH Shenango Valley Immunization Clinic Pennsylvania Department of Health Mercer County State Health Center 9 a.m. - 3 p.m. You must call 724-662-4000 for an appointment Fee \$5 or free depending on your income</p> <p>Bariatric Support Group 6 p.m. 724-983-5518</p>	<p>Visit our online Health Library at www.sharonregional.com and medical information from A to Z.</p> <p>Sharon Regional Speakers Bureau: Please call 724-983-5518 to schedule</p>	

Behavioral Health Services
Hermitage: 724-983-5454
Mercer: 724-662-3831

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

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

Diabetes Center
2395 Garden Way
Hermitage
724-981-6551

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

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

Hubbard Diagnostic & Specialty Center
880 W. Liberty Street, Suite A
Hubbard
330-534-5400

Sharon Regional installs new heart/vascular suite

\$1 million project brings advanced diagnostic and treatment capabilities



Ronnie Mignella, M.D., interventional cardiologist and medical director of the cath lab, in Sharon Regional's new Cardiac/Vascular Diagnostic and Interventional Suite along with Shirelle Moreland, RTR (CV), cath lab tech (center) and Annette DiCristofaro, R.N., cath lab nurse.

Sharon Regional Health System has upgraded its cardiac catheterization labs through the installation of a new \$1 million cardiac/vascular diagnostic and interventional suite within its Heart and Vascular Institute. The new system is fully digital and enables physicians to capture and view images of a patient's vascular system while also decreasing a patient's radiation exposure.

The result is a faster and more accurate

diagnosis and treatment of a wide range of cardiac and vascular conditions through procedures such as diagnostic catheterizations, stenting, and balloon angioplasty. These minimally invasive procedures treat a number of clinical problems including heart disease, blocked heart vessels, carotid artery disease, abdominal aortic aneurysms, and

other peripheral vascular disorders. These catheter-based procedures are designed to reduce some of the risks and recovery time inherent in traditional surgical approaches. Among the many benefits of catheter-based interventions are shorter hospital stays, reduced recovery time without the pain of a large incision, and less visible surgical scarring.

"Both our patients and clinical staff will

benefit from the speed and excellent image accuracy of this new system," explained Ronnie Mignella, M.D., interventional cardiologist and medical director of the cardiac catheterization lab. "It will allow our interventional cardiologists and vascular surgeons to complete a variety of diagnostic and interventional procedures saving the patients the risks and prolonged recovery associated with traditional surgery."

The new system will further enhance Sharon Regional's ability to rapidly treat patients suffering from heart attacks due to partial or full blockages of heart vessels. Sharon Regional is the only hospital in Mercer County that offers emergency angioplasty 24 hours a day/7 days a week so heart attack patients can quickly receive the help they need without waiting to be stabilized and transferred to another out-of-town facility.

"Interventional x-ray technology is a vital component in the future of medicine," said Richard Fabian, vice president of diagnostic imaging, Philips Medical Systems, North America. "We are happy that the Philips Allura system is offering specialists at Sharon Regional Health System a new level of quality and detail in the clinical images that help them to offer patients safe and effective alternatives to major surgery."

Hyperbaric medicine starting fourth year of service at Advanced Wound Recovery Center

Sharon Regional continues to offer Hyperbaric Medicine, and specifically, Hyperbaric Oxygen Therapy at its Advanced Wound Recovery Center, 2425 Garden Way, Hermitage. The hyperbaric oxygen chamber provides treatment for patients suffering from diabetic ulcers, compromised skin grafts, certain infections, delayed radiation injury, osteomyelitis, severe injuries that may have required amputation, and slow-healing wounds.

The concentrated oxygen can stop certain types of infections and improve wound healing through new tissue growth and new blood vessels.

Sharon Regional's Advanced Wound Recovery Center is staffed by a team of physicians who specialize in vascular surgery, general surgery, podiatry, and physiatry along with a nursing team with advanced certification from the American Academy

of Wound Management. The Center also utilizes a multidisciplinary support team of orthopedic surgeons, endocrinologists, physical therapists, nutritionists, and other support staff.

For more information about Hyperbaric Oxygen Therapy or other services of the Advanced Wound Recovery Center, please call 724-347-0870 or ask your primary care physician.

Shenango Township man appreciates friendly staff and convenience of Cancer Care Center in Hermitage

“The name ‘Cancer Care Center’ certainly fits because you’re not just a patient there but a person,” says Dan Williams. “Everyone there is very caring, very friendly and helpful in making sure that I’m being taken care of. They are the best.”



Dan Williams with his cancer specialist, George Garrow, M.D., medical oncologist.

Dan, of Shenango Township, Mercer County, is talking about Sharon Regional's recently expanded Cancer Care Center, 2320 Highland Rd., Hermitage. The Center offers the region's most comprehensive selection of advanced cancer treatment and support services, including access to national clinical trials, genetic testing, lab services, social work, and much more.

Dan, 59, had a kidney removed

three years ago as treatment for kidney cancer. Dan currently sees George Garrow, M.D., board certified medical oncologist, for ongoing, follow-up care at Sharon Regional's Cancer Care Center.

“Dr. Garrow is quite a guy,” Dan adds. “He is the best. He answers all my questions in terms that a layperson can understand. And he’s just as friendly if you see him on the street as when I see him in his office.”

Treatment at a higher level

Sharon Regional's recently expanded Cancer Care Center offers the most advanced cancer treatment and support services available, including access to national clinical trials, genetic testing, lab services, social work, and much more.

All services are delivered by a team of board certified cancer specialists and certified nurses and therapists who treat you like their family and friends.

You will have confidence knowing our Cancer Care Center meets the highest quality standards through approvals from the Commission on Cancer of the American College of Surgeons and the American College of Radiology.

For more information or to tour Sharon Regional's Cancer Care Center, 2320 Highland Road, Hermitage, please call 724-983-5900. Or visit us online at www.sharonregional.com/cancercare.htm



READY TO LOSE THE WEIGHT AND CHANGE YOUR LIFE?

Sharon Regional's Bariatric Surgery Program offers a multi-disciplinary, customized surgical approach to your weight loss plan. Want to learn more? Attend a free information session on Wednesday, July 27 or August 24 at 6 p.m. at the Diagnostic & Imaging Center in Hermitage.

To register please call 724-983-5518 or 800-346-7997.

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SRHS earns Maximum Achievement from Highmark QualityBLUE

Sharon Regional once again earned Maximum Achievement for fiscal year 2011 from Highmark QualityBLUE. The Highmark QualityBLUE team expressed that it was impressed with the presence and involvement of staff, senior leadership, and project physician champions who are responsible for the QualityBLUE program administration and the organization's overall commitment to advancing a culture of quality at Sharon Regional.

The Highmark QualityBLUE team commended the Health System for commitment in the following areas: incorporating transparency of quality outcomes at nursing and physician levels throughout the hospital; advancing care of stroke patients by extending beyond the hospital setting to partner with EMS systems in the community; creating a paradigm shift to support a culture of quality and improve capacity management in the Emergency Care Center.

SRHS and specialists recognized as "Best of Best" by both *The Herald* and *New Castle News*

Sharon Regional was voted "Best of the Best" hospital this year by the readers of *The Herald* and *New Castle News*. Thank you to all of the Sharon Regional employees, physicians, and volunteers whose service contributed to this designation from the communities of the two newspapers. Your continued dedication to excellent service is making Sharon Regional the destination organization for the region.

Congratulations to Sharon Regional medical staff members who were recently voted "Best of the Best" in *The Herald's* annual reader's choice awards. Physicians and their specialties are: Paul Chlpka, M.D., pediatrics; Lynn Colaiacovo, M.D., dermatology; Peter Daloni, M.D., urology; Rebecca Hanigosky, D.O., obstetrics/gynecology; Robert Lindberg, D.O., and Robert Stein, D.O., ophthalmology; James Ryan, M.D., and Ronnie Mignella, M.D., cardiology; and David Tonnie, MD, orthopedic surgery.

Staff gives talks at state convention

Lisa Bertolasio, BSN, RN, MS, CDE, coordinator of the Diabetes Center at Sharon Regional, and Sally Tice, RN, BSN, MSHSA, CIC, CHSP, nurse epidemiologist, recently presented information to the Pennsylvania Association Director of Nursing Administration Long Term Care group at its 23rd annual "Excellence in Performance" convention in Hershey. Bertolasio's presentation was titled "Diabetes: Caring for Your Residents – Caring for Yourself" and Tice talked on "Infection Prevention and Control: Achieving Success in the Long Term Care Setting."



Shenango Valley YMCA

925 North Hermitage Road, Hermitage
Phone: 724-981-6950 • www.svymca.com

PUTTING CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH
PROGRAMS THAT BUILD STRONG MIND, BODY AND SPIRIT!

Programs, Sports, Clinics and Services

for all ages/abilities now offered at all three of our locations!
Call the YMCA today to see how we can help you!

2011 YMCA Car Show

In Memory of Paul S. Ghirardi
Sunday, July 24

Registration: 10 a.m. – 12 noon

Show & Festivities: 12 noon – 4 p.m.

Come join the celebration!

Youth Sports!

Register NOW for Fall Soccer

Boys and Girls Pre K – 13 years old!
Registration open until Aug 20!

Sea Lions Swim Team

Boys and Girls in grades K-12th.
Registration starts August 13!

Fall Basketball

Boys and Girls Pre-K-6th Grade.
Registration starts August 20!

