

Health NEWS

SHARON REGIONAL  HEALTH SYSTEM

News For You and Your Family From Sharon Regional



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- New sinus surgery procedure aids Penn State professor

New emergency medicine group now providing ER services at Sharon Regional

New Director of Emergency Medicine Michael Garfinkel, M.D., FACEP and Richard Maenza, M.D., FACEP (back from left) join Todd Morando, MBA, MSN, PHRN, RN, director of the SRHS Emergency Care Center, and Donnee S. Huffer, RN, BSN, CEN, EMT, clinical manager in developing an enhanced level of emergency care at Sharon Regional.

MAY/JUNE 2011

www.sharonregional.com

Sharon Regional welcomes new provider of emergency medicine services

Michael Garfinkel, M.D., FACEP, named Director of Emergency Medicine



Michael Garfinkel, M.D.

“I feel very fortunate to have the opportunity to lead Sharon Regional Health System forward in developing the most advanced center for emergency treatment in the region.”

– Michael Garfinkel, M.D., FACEP

Sharon Regional Health System is pleased to welcome Emergency Medicine Physicians (EMP) as the new provider of emergency medicine services within Sharon Regional’s Emergency Care Center and to also welcome Michael Garfinkel, M.D., FACEP, as its new Director of Emergency Medicine. EMP is the leading provider of emergency medical services in the United States, providing emergency department staffing for more than 60 hospitals in twelve states.

Dr. Garfinkel joins Sharon Regional from the Forbes Regional campus of the West Penn Allegheny Health System in Pittsburgh where he served as both an emergency department physician and director of quality for its emergency department. Dr. Garfinkel completed an emergency medicine residency at the University of Pittsburgh Medical Center and received his medical education from the Medical College of Pennsylvania in Philadelphia.

Dr. Garfinkel is board certified in emergency medicine and is a fellow in the American College of Emergency Medicine. He received EMP’s Physician of the Year Award in 2009 and also received the Excellence in Emergency Medicine award from the Society for Academic Emergency Medicine.

Dr. Garfinkel is extremely excited about his new opportunity at Sharon Regional and moving his family to the Shenango Valley. “I feel very fortunate to have the opportunity to lead Sharon Regional Health System forward in developing the most advanced center for emergency treatment in the region,” said Dr. Garfinkel. “Given the already strong capabilities of Sharon Regional in heart and stroke care, I’m anxious to work with the Emergency Care Center staff and my fellow EMP providers in building an emergency medicine Center of Excellence

at Sharon Regional,” he concluded.

John R. “Jack” Janoso, Jr., president and chief operating officer of Sharon Regional, extended a warm welcome to Dr. Garfinkel and the other members of the EMP team.

“We completed an exhaustive process in choosing a new provider of emergency medical services for Sharon Regional,” stated Janoso. “We wanted to bring an emergency medicine team to our Health System that shared our vision of patient satisfaction and quality care being number one, and in EMP and Dr. Garfinkel, we certainly found it. I’m really excited about the enhancements and improvements that EMP brings in the delivery of emergency medical care to the residents of our region.”

Sharon Regional’s Emergency Care Center is Mercer County’s largest emergency treatment facility, featuring rapid response teams for heart, stroke, and trauma emergencies, specialized treatment rooms for hazardous materials exposure and eye/ear/nose/throat conditions, plus dedicated areas for women and children along with a Fast Track service for minor illnesses and injuries.



Shenango Township man credits “new life” to weight loss surgery at Sharon Regional

Bob Leathe tried many times to lose weight. Now age 52, Bob lost some weight a few times but never kept it off. He once weighed 423 pounds and wore size 56 slacks. He also took medication daily for diabetes and high cholesterol.

It wasn't until last April when he met Ravi Alapati, M.D., director of Sharon Regional's

Bariatric Surgery Program, that Bob's life started to change.

“Dr. Alapati made me aware of the bariatric program and its team approach,” Bob says. “Dr. Alapati got me thinking and gave me the tools to get serious about not only losing weight but changing my lifestyle and eating habits.”

Later that month Bob attended a public seminar conducted by the bariatric program team. The team consists of surgeons, dietitians, psychologists, physical therapists, nurses, and a coordinator to provide a weight loss program that addresses all of the needs of the patients.

Bob, of Shenango Township, Mercer County, committed to the program, met with various specialists, got down to 396 pounds, and in early November had a laparoscopic vertical sleeve gastrectomy procedure performed by Dr. Alapati at Sharon Regional.

The vertical sleeve gastrectomy is a newer procedure that offers an excellent alternative to both the laparoscopic roux-en-y gastric bypass and adjustable gastric banding. The six year data is showing average weight loss to be similar to that of the gastric bypass.

The sleeve gastrectomy procedure involves the removal of the outer fundus portion of the stomach. It creates a smaller, more narrow stomach that looks like a sleeve. The intestines are not involved.

“I had no problems, no nausea or anything after the surgery,” Bob recalls. “I was able to get back to work two weeks

As a result of the bariatric procedure, an exercise program, and Bob's commitment to his lifestyle change, he is no longer considered diabetic, and is off all of his medications for diabetes.

Take our new, free online seminar at:
www.sharonregional.com/bariatric-surgery.htm

after the surgery and I feel great. I tell everyone who may have a weight problem to go see Dr. Alapati. He changed my life.”

As a result of the bariatric procedure, an exercise program, and Bob's commitment to his lifestyle change, he is no longer considered diabetic, and is off all of his medications for diabetes. Bob's cholesterol count is better and he no longer takes medication for his high cholesterol. He is down to 278 pounds with size 42 slacks.

Soda, once a staple in Bob's diet, is replaced with water, lots of water. Two or three sandwiches at a sitting are replaced with one sandwich along with lots of fruit and vegetables.

Bob's goal is to continue with his new lifestyle and lose another 40-50 pounds.



“Those were big pants I used to wear,” said Bob Leathe of Shenango Township, who shares them with Ravi Alapati, M.D., the bariatric surgeon who performed Bob's weight loss surgery. Thanks to his weight loss surgery and dedication to changing his lifestyle, Bob has lost more than 150 pounds.



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, May 25 or June 22 at 6 p.m. at the Diagnostic & Imaging Center in Hermitage.

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






SHARON REGIONAL  HEALTH SYSTEM

740 East State Street • Sharon, PA 16146 • 724-983-3911 • www.sharonregional.com

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Community Education Programs • June 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>TOPS Take Off Pounds Sensibly Every Tuesday Meeting at 9:30 a.m. There is a fee Weigh in from 8:30-9:30 a.m. First class is free Please call 724-983-5518 or 1-800-346-7997 to register</p>	<p>What Is Diabetes? Saturday, June 4 9 a.m. Monday, June 6 6 p.m. Monday, June 20 10 a.m. Diabetes Center 724-981-6551</p>	<p>Meal Planning Classes for those with Diabetes Monday, June 6 10 a.m. Monday, June 20 1 p.m. Diabetes Center 724-981-6551</p>	<p>Pulmonary Hypertension: Where are We in 2011 Friday, June 3, 2011 2 p.m. Dr. Murali is a professor of Medicine at Drexel University College of Medicine, and Director, Division of Cardiovascular Medicine, Medical Director, Gerald McGinnis Cardiovascular Institute at Allegheny Hospital in Pittsburgh. This will be at the SRHS School of Nursing Please call 724-458-5573 to register</p>	<p>WOMEN'S HEALTH PREVENTIVE CARE & SCREENINGS FRIDAY, JUNE 3 12 P.M. Cynthia J. Black, WHNP-BC, CRNP, MSN, RN Please call 724-983-5518 to register</p>	
<p>Overeaters Anonymous Mondays 1-2 p.m.</p>	<p>ESCAPE: Talk About Drugs & Alcohol 1st & 3rd Tuesdays 5:30 p.m. Minority Health Center 724-981-3856</p>	<p>Playtime Stimulation for Newborns Thursday, June 2, 2011 10 a.m. Caregivers Support Group 1 p.m. Diagnostic & Imaging Center</p>	<p>HOPE: Highmark Osteoporosis Prevention & Education Program Includes: Exercise & Osteoporosis Education Thursdays 4 weeks 9:30 - 11:30 am Fee \$75 Highmark Participants Free Please call 724-983-5518 to register</p>	<p>A LOOK INSIDE YOUR HEART: UNDERSTAND CARDIAC CATHETERIZATION TUESDAY, JUNE 14 5 P.M. Michael Burley, M.D. Hubbard Diagnostic & Specialty Center Please call 1-800-346-7997 to register</p>	
<p>Medic Alert information available at the Diagnostic & Imaging Center Free e-newsletters on Health, Parenting, and Pregnancy are at www.sharonregional.com</p>	<p>Amputee Support Group 6 p.m. Please call 724-983-5518 or 1-800-346-7997 to register</p>	<p>Health America Advantira Town Meeting 11 a.m.</p>	<p>Celiac Disease Support Group 6:30 p.m.</p>	<p>FREE HEARING SCREEN MONDAY, JUNE 20 10 A.M. - 12 P.M. Thomas Baramek, MA, CCC/A Audiologist Please call 724-983-5518 for an appointment</p>	
<p>Breastfeeding Class 6:30 p.m. Please call 724-983-5560 to register</p>	<p>Relay For Life Mercer: June 18-19 Mercer High School Shenango Valley: July 9-10 Buhl Park Greenville: July 16-17 GALSA Park, Greenville For more information, call 724-654-5577</p>	<p>Highmark Senior Products 9 a.m. - 12 p.m. Alzheimer's Support Group 6 p.m.</p>	<p>Shenango Valley Immunization Clinic Pennsylvania Department of Health 9 a.m. - 2 p.m. You must call 724-662-4000 for an appointment Fee \$5 or free depending on your income</p>	<p>FREE FOOT & ANKLE SCREEN WEDNESDAY, JUNE 22 2 - 4 P.M. Allan Evangelista, DPM. Foot & Ankle Surgeon Please call 724-983-5518 for an appointment</p>	
<p>Free Hearing Screen 10 a.m. - 12 p.m. Please call for an appointment 724-983-5518</p>	<p>NEW! Health Care Provider CPR 4 p.m. Fee \$40 School of Nursing 724-983-CPRI Bereavement Support Group 6 p.m. Behavioral Health Services</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>June is Men's Health Month Stop by the Diagnostic & Imaging Center for more information</p>	<p>BARIATRIC SURGERY INFORMATIONAL MEETING WEDNESDAY, JUNE 22 6 - 8 P.M. Ravi Alapati, M.D. Laparoscopic Surgeon & Director of Bariatric Surgery Program Please call 724-983-5518 to register</p>	
<p>Compassionate Friends 7 p.m.</p>	<p>Visit our online Health Library at www.sharonregional.com for health and medical information from A to Z.</p>	<p>Sharon Regional Speakers Bureau: Please call 724-983-5518 to schedule</p>	<p>Bariatric Support Group 6 p.m. 724-983-5518</p>	<p>Blood Drive: Central Blood Bank of Pittsburgh 24 10 a.m. - 2 p.m. Red Lobster to sponsor canteen Proper ID is required to donate blood Walk-ins welcome Call 724-983-5518 to register Diagnostic & Imaging Center Please help save a life!</p>	<p>Doctor's corner & special events</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

Cardiology and general surgery specialists join Hubbard Diagnostic and Specialty Center



Brandon Mikolich, M.D.

Interventional cardiologist Brandon Mikolich, M.D., and general surgeon Ravi Alapati, M.D., are now seeing patients



Ravi Alapati, M.D.

at Sharon Regional Health System's Hubbard Diagnostic and Specialty Center, 880 West Liberty Street in Hubbard.

Dr. Mikolich specializes in angioplasty, cardiac catheterizations, cardiac stress testing, echocardiography, and peripheral vascular intervention. He is board certified in cardiovascular disease, internal medicine, and interventional cardiology and is a certified specialist in cardiac MRI. Cardiologists J. Ronald Mikolich, M.D., Michael Burley, M.D.,

and Nicola Nicoloff, M.D. also see patients at the Hubbard center.

Dr. Alapati specializes in SILS (single incision laparoscopic surgery) for gallbladder and appendix; laparoscopic surgery for gastric reflux, hiatal hernias, inguinal hernias, and colon resections; plus cancer surgery, general surgery, colonoscopy, and gastroscopy.

To schedule an appointment with Dr. Alapati or Dr. Mikolich in Hubbard call 330-534-5400.

Sharon Regional welcomes new EMS Coordinator



Kurt Ellefson, B.S., NREMT-P, CCEMT-P

Ellefson will serve as a liaison between the Health System and the local emergency medical service providers coordinating EMS education and emergency

Sharon Regional is pleased to welcome Kurt Ellefson, B.S., NREMT-P, CCEMT-P as its new Emergency Medical Services (EMS) coordinator working out of Sharon Regional's Emergency Care Center.

preparedness training/education, overseeing quality assurance for the documentation and protocols of EMS providers, and developing EMS outreach and education programs for the community.

Ellefson comes to Sharon Regional from Medic Rescue in Beaver, PA where he was the operations supervisor. His other professional experience includes Emergency Medical Services and Preparedness Coordinator for Commonwealth Medical Center, Inc. in Aliquippa, PA; Associate Professor of Emergency Management and Preparedness for Pennsylvania State University (Beaver Campus); Director of Support Services for Aliquippa Community Hospital; and EMS

Coordinator/Specialist for the University of Pittsburgh Medical Center. In addition Ellefson has served as a firefighter, paramedic, emergency medical technician, Dive Team coordinator, a flight paramedic, and a police officer.



You are invited to a

Public Open House and Tour

of Sharon Regional's expanded

Cancer Care Center

2320 Highland Road, Hermitage

Sunday, May 22, 2011 • 11 a.m. – 2 p.m.

Refreshments Served

Come and see the region's largest center for specialized cancer care.



Jim Feeney

SRHS board chairman recognized by Sharon Rotary Club

Jim Feeney, chairman of the Sharon Regional Health System board of directors, was recently named the "John Fabian Person of the Year" by the Sharon Rotary Club. Mr. Feeney was honored at the club's Spring Fling gala dinner held April 2 at the Corinthian Banquet Center in Sharon.

New sinus procedure ends months of face pain for Penn State professor



Valeri Roth, D.O., FAOCO (left) and Kathleen Mastrian, Ph.D., R.N.

Months of severe face and sinus pain was resolved for Kathleen Mastrian, Ph.D., R.N., through a new sinus procedure performed at Sharon Regional by Valeri Roth, D.O., FAOCO, board certified otolaryngologist. The procedure, known as balloon sinuplasty, uses a small catheter and balloon to open sinuses through a minimally invasive approach.

"I'd recommend this procedure to anyone," says Dr. Mastrian, associate professor and program coordinator of nursing at Penn State Shenango. "I had no post-op pain and only some very light restrictions for the next week. I have been fine ever since the surgery."

Dr. Mastrian's procedure in September 2009 followed about seven months of severe pain and some swelling on the right

side of her face. She had no relief from three courses of different antibiotics from her family physician. Saline washes and facial massages didn't help.

Relief came when she was connected through a mutual friend with Dr. Roth.

"Dr. Roth listened to me and my whole story," Dr. Mastrian recalls. "She ordered a CT scan and it showed a complete blockage of the sinus. I can't say enough about her."

Sinusitis patients who are considering their options can learn more about balloon sinuplasty by attending Dr. Roth's May 10 educational program (see information below), contacting Sharon Regional's Ear, Nose, Throat, Hearing, and Allergy Center, 2395 Garden Way, Hermitage, at 724-342-5890, or by visiting www.balloonsinuplasty.com

Sinusitis is one of the most common chronic health problems in the U.S., afflicting 37 million Americans each year. Patients suffer headaches, congestion, fatigue and other symptoms. This condition significantly impacts an individual's physical, functional, and emotional quality of life.

Historically, sinusitis patients were limited to two treatment options: medical therapy such as antibiotics and topical nasal steroids, or conventional sinus surgery. Medical therapy can help alleviate symptoms in as many as 80 percent of patients but is inadequate for the rest. For them, sinus surgery is often the best option.

The new balloon sinuplasty procedure involves a small, flexible, balloon catheter placed through a nostril into the blocked sinus passageway. The balloon is then inflated to gently restructure and open the sinus passageway, restoring normal sinus drainage and function.

Valeri Roth, D.O., FAOCO, board certified otolaryngologist, is one of the first physicians in this area to offer this new technology.

"Balloon sinuplasty is a true advance in sinus care because in many cases it can be done without removing any tissue or bone," said Dr. Roth. "That means faster recovery times and less post-procedure discomfort. In fact, many of my patients have been able to return to normal activities within 24 hours and have had significant improvement in their symptoms."

SINUS Sufferers. RELIEF is Here.

Free Sinusitis Seminar • Tuesday, May 10, 6 p.m.
Hermitage Diagnostic & Imaging Center, 2435 Garden Way

Featuring Valeri Roth, D.O., FAOCO

Call 724-983-5518 or 800-346-7997 to register.

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Special thanks to West Middlesex school group



Mark Hogue and Jessica Benes, WM co-advisors, Suzanne Grove and Brenda Barber, Sharon Regional Cancer Care Center, and WM students Ashley Comminos, Paige Williams, Amanda Bowser, Ryan Incerto, and Nicole Adams.

Sharon Regional thanks the West Middlesex school district Students for Charity organization for its breast cancer awareness fundraiser. WM junior Paige Williams organized the fundraiser and rally at a home football game in October. Students sold various breast cancer awareness items and other items were raffled. Thanks to incredible participation from the crowd, the organization made a sizeable donation to Sharon Regional. Paige hopes that with the success of this year, the Breast Cancer Awareness game becomes a tradition for West Middlesex students.

Coumadin Clinic helps patients, doctors monitor treatment

Sharon Regional's Coumadin Clinic, located in the Cancer Care Center, 2320 Highland Rd., Hermitage, offers those taking the anticoagulant medication Coumadin a convenient, one-stop location.

For the patient, the clinic provides: Ease of fingerstick tests • Immediate results and instructions • Printed dosage and educational information.

How it works: Physician faxes referral on the "Request for Service and Patient Enrollment" form • Patient is contacted by Coumadin Clinic to schedule first appointment • Patient receives finger stick test for INR • Test result is available within one to two minutes • Patient history is updated including medications, herbal supplements, evidence of bleeding, and compliance • Dosage adjustments and follow-up visits are based on approved American College of Clinical Pharmacology guidelines • Patient receives printed, graphical dosage instructions and educational material

For information, call the Coumadin Clinic at 724-983-5909 or 724-983-5900.



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!

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- Provide Financial Assistance so that no one is turned away at the Y!
- Honor active-duty military and their families with free memberships!
- Offer reduced rates for local police, fire and EMT personnel!
- Give full scholarships for our afterschool program in Farrell!

Swim, Bike & Run in the YMCA Youth Triathlon

For ages 7 - 14

Saturday, June 25! Register NOW!



T-Ball/Coach-Pitch League

For boys & girls ages 4-7

Register NOW - June 1

