

Health NEWS

SHARON REGIONAL  HEALTH SYSTEM

News For You and Your Family From Sharon Regional



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- New Pulmonary Rehab program for lung disease patients

New treatment model in ER allows patients to see a physician first

Ashley Gill, of Pulaski, watches Michael Garfinkel, M.D., FACEP, Director of Emergency Medicine at Sharon Regional, check her daughter, Lili. The new **PhysicianFirst** model of care in the ER places the physician at the beginning of the emergency care treatment process to improve patient care, safety, and satisfaction.

SEPTEMBER/OCTOBER 2011

www.sharonregional.com

Sharon Regional announces new model of care for emergency patients

First contact with emergency department is now a physician

Sharon Regional recently started a new model of care delivery within its Emergency Care Center known as **PhysicianFirst**, which places the physician at the beginning of the emergency care treatment process, resulting in significant improvements in patient care, safety, and satisfaction.

Through the new **PhysicianFirst** program, emergency patients presenting at Sharon Regional during the day's busiest hours (11 a.m. – 10 p.m.) are first seen by a board certified emergency medicine physician who makes a rapid assessment and immediately orders any necessary tests and care orders,

even before registration occurs.

Michael Garfinkel, M.D., FACEP, director of emergency medicine at Sharon Regional, is extremely excited to bring this new emergency delivery model to the Health System. "We know what patients really want in an emergency is to see a physician fast, and get treatment started as quickly as possible," said Dr. Garfinkel. "With our new **PhysicianFirst** program, we're doing exactly that. Patients see a physician upon arrival who starts the treatment process immediately, as opposed to other hospital emergency rooms where patients first register, then sit

and wait to be called for treatment, often resulting in significant delays or quality of care issues."

Sharon Regional's Emergency Care Center features a telemedicine link with Cleveland Clinic for emergency stroke care, an award-winning heart attack treatment program, Fast Track for minor illnesses and injuries, an EMS Educational Institute with pre-hospital care partnerships, and much more.

For more information on any of Sharon Regional's services visit www.sharonregional.com.



Sports Injury Clinic treats local athletes

To many local athletes, September means the return to football, soccer, tennis, and other sports. Hundreds of children participate in fall athletic events, which mean a potential for injuries. Medical expertise is essential to prevent or respond to injuries.

Sharon Regional's Sports Medicine Injury Clinic provides the rapid assessment and treatment of sports-related injuries

in adolescents and adults. The Clinic is directed by orthopedic surgeon/sports medicine specialist Keith Lustig, M.D. and also features sports medicine rehab specialists and certified athletic trainers. Orthopedic surgeons Ernest Swanson, M.D., and Brian Shannon, M.D., also see sports-related injuries at Sharon Regional.

The Clinic treats athletes of all ages and competitive levels. Our physicians

and sports rehab staff care for everything from sprains, strains, and fractures to concussions, with an emphasis on ACL reconstructions and minimally invasive surgeries.

The Clinic also provides priority access to diagnostic tests such as x-rays and MRI, plus comprehensive sports rehab services.

Fast Track appointments are available by calling 724-983-5444.

Sharon Regional announces new senior leadership team



“Sharon Regional is a health system with a strong, local board commitment, outstanding medical staff, engaged employees, and an overall culture of excellence. I’m anxious to begin building on those strengths and helping the Health System achieve even greater results.”

- Linde Finsrud Wilson

James Feeney, chairman of the board of directors of Sharon Regional Health System, announced that the Board has selected Linde Finsrud Wilson as Sharon Regional’s new Chief Executive Officer (CEO). “I am extremely pleased with the Board’s choice in bringing Ms. Wilson here to Sharon Regional Health System,” Feeney stated.

Ms. Wilson brings an extensive health care management background to Sharon Regional featuring a unique set of accomplishments and skills to lead the Health System into the future. Her most recent position was chief operating officer and interim CEO at Aria Health in Philadelphia, a three-hospital 477-bed system with more than 4,500 employees and 900 physicians. She also served as vice president of operations at Catholic Health Initiatives, the 5th largest health system in the U.S. with 72

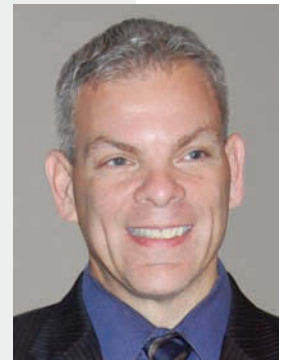
hospitals in 19 states; chief administrative officer at The Children’s Hospital in Denver, Colorado; vice president at Premier in Charlotte, North Carolina; and other leadership positions.

She has authored a number of publications and books, is a nationally-recognized speaker and workshop presenter, and has served on numerous boards and advisory groups including the Hospital Association of Pennsylvania Quality Committee and an advisor to the National Coalition for Healthy Cities and Communities. Ms. Wilson holds a bachelor’s degree from the University of North Carolina and a master’s of business administration degree from the University of Colorado.

“We are very pleased to have been able to hire Ms. Wilson as our Chief

Executive Officer, said Stephen Gurgovits, Chair of the Search Committee. She is a very experienced health care executive and we look forward to having her at the helm of Sharon Regional Health System.”

As part of her appointment and in collaboration with the Board, Ms. Wilson has also promoted John R. “Jack” Janoso, Jr. to President and Chief Operating Officer (COO), serving with her in leading Sharon Regional



into the future. Mr. Janoso has been acting as interim president and COO since December.

“I am looking forward to the opportunity to lead Sharon Regional Health System into the future and meet the many challenges that face community hospitals,” Ms. Wilson said. “Sharon Regional is a health system with a strong, local board commitment, outstanding medical staff, engaged employees, and an overall culture of excellence. I’m anxious to begin building on those strengths and helping the Health System achieve even greater results.”

Ms. Wilson, her husband, and two daughters will soon be relocating to the Shenango Valley. Both she and her husband are competitive rowers on Boathouse Row in Philadelphia. They are looking forward to rowing on the Shenango River Lake. Her interests also include classical music, biking, and skiing.

SINUS Sufferers. RELIEF is Here.

Free Sinusitis Seminar • Tuesday, October 11, 6 p.m.
Hubbard Diagnostic & Specialty Center • 880 W. Liberty Street • Hubbard, OH

Featuring Valeri Roth, D.O., FAOCO

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

SHARON REGIONAL  HEALTH SYSTEM

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Community Education Programs • September 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>Sharon Regional Health System Life Line Screening Stroke • Carotid Artery Screening • Abdominal Aortic Aneurysm Screening • Heart Rhythm Screening (Atrial Fibrillation) • Peripheral Arterial Disease Screening</p> <p>Wednesday, September 28, 2011 Old Salem United Methodist Church 1031 Methodist Road, Greenville, PA</p> <p>Tuesday, October 4, 2011 St. Luke Roman Catholic Church 5235 South Avenue, Boardman, OH</p> <p>Tuesday, October 18, 2011 Church of the Good Shepherd 3613 New Castle Road West Middlesex, PA</p> <p>Friday, October 28, 2011 Niles SCOPE Senior Center 14 E. State Street, Niles, OH</p> <p>To register for any of the screens please call 1-800-395-1801</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>IN HONOR OF LABOR DAY The Diagnostic & Imaging Center, Behavioral Health Services, Brookfield & Mercer Family Medicine Centers, Cancer Care Center, Diabetes Center and the Hubbard Diagnostic & Specialty Center will be closed September 5.</p> <p>New! Support Group Bereavement Sharing Group Thursday, September 8, 2011 1 p.m. Ferrara's Restaurant 1208 Hall Ave, Sharon, PA Please call 724-983-5518 to register</p> <p>Highmark Health on the Menu: 13 Heart, Health & Cholesterol 12 p.m. Gayle Linden, L.P.N.</p> <p>Hospice Volunteer Training Classes 1 - 4:30 p.m. Tuesdays - 5 weeks Cancer Care Center Library Please call 724-983-3878</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>Online registration now available for most classes at our Calendar of Events Page www.sharonregional.com</p>	<p>September: National Cholesterol Education Month • Prostate Health Month • Pain Awareness Month • Gynecologic Cancer Awareness Month Stop by the Diagnostic & Imaging Center for more information</p> <p>Free Blood Pressures on the FIRST Friday of the Month 8 a.m. - 1 p.m.</p> <p>Free Blood Pressures on the FIRST Friday of the Month 8 a.m. - 1 p.m.</p> <p>Caregivers Support Group 1 p.m. Diagnostic & Imaging Center</p> <p>Cardiac Support Group 7 p.m.</p>	<p>Healthy Eating with Diabetes Thursday, September 8 1 p.m. Diabetes Center 724-981-6551</p> <p>Saturday, September 24 10:30 a.m. Diabetes Center 724-981-6551</p> <p>Playtime Stimulation for Newborns 10 a.m.</p> <p>Celiac Disease Support Group 6:30 p.m.</p> <p>Seniors for Safe Driving Class 9 a.m. - 1 p.m. Richard D'Arcangelo \$15 fee Please call 800-559-4880 to register</p> <p>Diabetes Support Group Shenango Valley Senior Center 9:15 a.m. Diabetes Center 724-981-6551</p>	<p>What Is Diabetes? Thursday, September 8 6 p.m. Diabetes Center 724-981-6551</p> <p>Saturday, September 24 9 a.m. Diabetes Center 724-981-6551</p> <p>Free Blood Pressures on the FIRST Friday of the Month 8 a.m. - 1 p.m.</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>ALL PROGRAMS AT THE DIAGNOSTIC & IMAGING CENTER UNLESS OTHERWISE NOTED.</p> <p>Story Hour Buggy Bear Cleans Up 10 a.m. Read by Miss Gayle Please call 724-983-5518 to register</p>	<p>FREE HAND, ELBOW OR SHOULDER SCREEN THURSDAY, SEPTEMBER 15 2 - 4 P.M. Dave Oravec, OTR/L Hubbard Diagnostic & Specialty Center</p> <p>THURSDAY, SEPTEMBER 22 2 - 4 P.M. Brookfield Family Medicine Center</p> <p>FREE FOOT & ANKLE SCREEN WEDNESDAY, SEPTEMBER 21 2-4 P.M. Allan Evangelista, D.P.M. Foot & Ankle Surgeon</p> <p>FREE PROSTATE SCREEN WITH P.S.A. FRIDAY, SEPTEMBER 23 11:30 A.M. - 1 P.M. Jay W. Porter, III, D.O. Family Practice For men ages 50 or older who aren't under present care of a Urologist</p> <p>BARIIATRIC SURGERY INFORMATIONAL MEETING WEDNESDAY, SEPTEMBER 28 6 - 8 P.M. Ravi Alapati, M.D. Laparoscopic Surgeon & Director of Bariatric Surgery Program</p>
<p>Breastfeeding Class 6:30 p.m. Diagnostic & Imaging Center Please call 724-983-5560 to register</p> <p>Prepared Childbirth Series 7 p.m. Diagnostic & Imaging Center Please call 724-983-5560 to register</p> <p>Compassionate Friends 7 p.m.</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>Alzheimer's Support Group 6 p.m.</p> <p>Please call 724-983-5518 to register for all events.</p>	<p>Celiac Disease Support Group 6:30 p.m.</p> <p>Seniors for Safe Driving Class 9 a.m. - 1 p.m. Richard D'Arcangelo \$15 fee Please call 800-559-4880 to register</p> <p>Diabetes Support Group Shenango Valley Senior Center 9:15 a.m. Diabetes Center 724-981-6551</p> <p>Free Educational Series on Managing Arthritis through Awareness, Nutrition, Exercise, Stress Management, and Relaxation Techniques Thursday, September 22, 2011 1 p.m. Thursdays - 4 weeks Michele Dubel Relationship Manager, Home Instead Senior Care; Arthritis Foundation Exercise and Stress Management Trainer and Nutritional Consultant Diagnostic & Imaging Center Please call 724-983-5518 to register</p> <p>Bariatric Support Group 6 p.m. 724-983-5518</p>	<p>Diabetes Center 2395 Garden Way Hermitage 724-981-6551</p> <p>Diabetic & Imaging Center 2435 Garden Way Hermitage 724-983-3931</p> <p>Diabetes Center 2320 Highland Road Hermitage 724-983-5900</p> <p>Brookfield Family Medicine Center 7264 Warren-Sharon Road Brookfield 330-448-0500</p>	<p>Behavioral Health Services Hermitage: 724-983-5454 Mercer: 724-662-3831</p> <p>Brookfield Family Medicine Center 7264 Warren-Sharon Road Brookfield 330-448-0500</p> <p>Free Blood Pressures on the FIRST Friday of the Month 8 a.m. - 1 p.m.</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>ALL PROGRAMS AT THE DIAGNOSTIC & IMAGING CENTER UNLESS OTHERWISE NOTED.</p> <p>Story Hour Buggy Bear Cleans Up 10 a.m. Read by Miss Gayle Please call 724-983-5518 to register</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>Behavioral Health Services Hermitage: 724-983-5454 Mercer: 724-662-3831</p> <p>Brookfield Family Medicine Center 7264 Warren-Sharon Road Brookfield 330-448-0500</p> <p>Diabetic & Imaging Center 2435 Garden Way Hermitage 724-983-3931</p> <p>Diabetes Center 2395 Garden Way Hermitage 724-981-6551</p> <p>Diabetic & Imaging Center 2435 Garden Way Hermitage 724-983-3931</p> <p>Diabetes Center 2320 Highland Road Hermitage 724-983-5900</p> <p>Brookfield Family Medicine Center 7264 Warren-Sharon Road Brookfield 330-448-0500</p> <p>Free Blood Pressures on the FIRST Friday of the Month 8 a.m. - 1 p.m.</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>ALL PROGRAMS AT THE DIAGNOSTIC & IMAGING CENTER UNLESS OTHERWISE NOTED.</p> <p>Story Hour Buggy Bear Cleans Up 10 a.m. Read by Miss Gayle Please call 724-983-5518 to register</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>

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

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

Diabetes Center
2395 Garden Way
Hermitage
724-981-6551

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

Diabetes Center
2320 Highland Road
Hermitage
724-983-5900

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

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

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

Free Blood Pressures on the FIRST Friday of the Month
8 a.m. - 1 p.m.

NEW! Health Care Provider CPR
9 a.m. | Fee \$40
School of Nursing | 724-983-CPR1

Health Care Provider CPR Recertification
1:30 p.m. | Fee \$20
School of Nursing | 724-983-CPR1

ALL PROGRAMS AT THE DIAGNOSTIC & IMAGING CENTER UNLESS OTHERWISE NOTED.

Story Hour
Buggy Bear Cleans Up | 10 a.m.
Read by Miss Gayle
Please call 724-983-5518 to register

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.

Community Education Programs • October 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>October is Breast Cancer Awareness Month.</p> <p>Community Health Partnership of Mercer County Breast Screening & Mammograms for Women age 40-64 Without Insurance</p> <p>Saturday, October 15 8 a.m. - 12 p.m. Sponsored by Family Planning of Mercer County, Sharon Regional's Breast Care Center, and the American Cancer Society. Call 724-981-6250 to register.</p> <p>For more information on dates & times at UPMC Farrell and Greenville, and Grove City Medical Center, call 800-227-2345</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>Healthy Eating with Diabetes Thursday, October 6 1 p.m. Saturday, October 15 10:30 a.m. Monday, October 24 6 p.m. Diabetes Center 724-981-6551</p>	<p>What Is Diabetes? Thursday, October 6 6 p.m. Saturday, October 15 9 a.m. Monday, October 24 1 p.m. Diabetes Center 724-981-6551</p>	<p>Highmark Senior Products Friday, October 7 Wednesday, October 19 Thursday, October 27 10 a.m. Senior Products</p> <p>Free Blood Pressures on the FIRST Friday of the Month 8 a.m. - 1 p.m.</p>	<p>NEW PULMONARY REHAB PROGRAM FOR PEOPLE WITH LUNG DISORDERS THURSDAY, OCTOBER 6 12:30 P.M. Frank Tascione, BS, RRT Manager of Respiratory Therapy Pulse-ox screen to follow presentation</p>
<p>Beginners I Sign Language Classes 6:30 - 8 p.m. Tuesdays - 6 weeks Fee \$15 Diagnostic & Imaging Center Please call 724-983-5518 to register</p>	<p>Healthy Eating with Diabetes Thursday, October 6 1 p.m. Saturday, October 15 10:30 a.m. Monday, October 24 6 p.m. Diabetes Center 724-981-6551</p>	<p>Healthy Eating with Diabetes Thursday, October 6 1 p.m. Saturday, October 15 10:30 a.m. Monday, October 24 6 p.m. Diabetes Center 724-981-6551</p>	<p>What Is Diabetes? Thursday, October 6 6 p.m. Saturday, October 15 9 a.m. Monday, October 24 1 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>SINUS SUFFERERS RELIEF IS HERE TUESDAY, OCTOBER 11 6 P.M. Valeri Roth, D.O. FAOCC ENT/Allergy Specialist Hubbard Diagnostic & Specialty Center</p>
<p>Highmark Health on the Menu: Get Moving 12 p.m. Gayle Linden, L.P.N.</p>	<p>Caregivers Support Group 1 p.m. Diagnostic & Imaging Center</p> <p>Cardiac Support Group 7 p.m.</p>	<p>Playtime Stimulation for Newborns 10 a.m.</p> <p>Quitting for Life Smoking Cessation Classes 6 p.m. Thursdays - 4 weeks Fee \$25 Diagnostic & Imaging Center Please call 724-983-5518 to register</p>	<p>Diabetes Support Group Shenango Valley Senior Center 9:15 a.m. Diabetes Center 724-981-6551</p> <p>Celiac Disease Support Group 6:30 p.m.</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>BALANCE AND VERTIGO THURSDAY, OCTOBER 13 12 P.M. Michelle Blaire, D.P.T. & Adrienne Danoso, D.P.T.</p> <p>FREE HEARING SCREEN MONDAY, OCTOBER 17 10 A.M. - NOON Thomas Baranek, MA, CCC/A Audiologist</p>
<p>Free Hearing Screen 10 a.m. - 12 p.m. Please call for an appointment 724-983-5518</p>	<p>Alzheimer's Support Group 6 p.m.</p>	<p>Diabetes Support Group Shenango Valley Senior Center 9:15 a.m. Diabetes Center 724-981-6551</p> <p>Celiac Disease Support Group 6:30 p.m.</p>	<p>Shenango Valley Immunization Clinic Pennsylvania Department of Health Mercer County State Health Center 9 a.m. - 2 p.m. PA residents only; birth to age 18 You must call 724-662-4000 for an appointment Fee \$5 or free depending on your income Diagnostic & Imaging Center</p>	<p>Story Hour Dora's Costume Party! 10 a.m. Read by Miss Gayle Please call 724-983-5518 to register</p>	<p>FREE HAND, ELBOW OR SHOULDER SCREEN THURSDAY, OCTOBER 20 2 - 4 P.M. Dave Oravec, OTR/L Hubbard Diagnostic & Specialty Center</p>
<p>Compassionate Friends 7 p.m.</p>	<p>Health America Advantra Town Meeting 10 a.m. Senior Products</p>	<p>Diabetes Support Group Shenango Valley Senior Center 9:15 a.m. Diabetes Center 724-981-6551</p> <p>Celiac Disease Support Group 6:30 p.m.</p>	<p>Bariatric Support Group 6 p.m. 724-983-5518</p>	<p>Free e-newsletters on Health, Parenting, and Pregnancy are at www.sharonregional.com Visit our online Health Library at www.sharonregional.com for health and medical information from A to Z.</p>	<p>EVERYTHING YOU WANTED TO KNOW ABOUT BREAST CANCER THURSDAY, OCTOBER 25 12 P.M. Donald Keenan, M.D., Ph.D. Breast Surgeon</p> <p>BIARIATRIC SURGERY INFORMATIONAL MEETING WEDNESDAY, OCTOBER 26 6 - 8 P.M. Ravi Alapati, M.D. Laparoscopic Surgeon & Director of Bariatric Surgery Program</p>
<p>Behavioral Health Services Hermitage: 724-983-5454 Mercer: 724-662-3831</p>	<p>Sharon Regional Speakers Bureau: Please call 724-983-5518 to schedule</p>	<p>Diabetes Center 2395 Garden Way Hermitage 724-981-6551</p>	<p>Diagnostic & Imaging Center 2435 Garden Way Hermitage 724-983-3931</p>	<p>Mercer Family Medicine Center 551 Greenville Road Mercer 724-662-4155</p>	<p>Hubbard Diagnostic & Specialty Center 880 W. Liberty Street, Suite A Hubbard 330-534-5400</p>

Hysterectomy alternative at Sharon Regional successful for Hubbard woman

"I just can't say enough good things about Dr. Foster and the staff at Sharon Regional. They were all wonderful."

- Nancy Tedrow



"It was a miracle procedure," says Nancy Tedrow of her recent uterine fibroid embolization (UFE) procedure performed at Sharon Regional. "It changed my life one hundred percent and I think more women should know about it."

Sharon Regional offers the innovative uterine fibroid procedure that treats fibroids quickly and safely. The procedure is performed by an interventional radiologist in about one hour and has a significantly shorter recovery time of as fast as one week.

Nancy, 52, of Hubbard, OH, experienced heavy menstrual bleeding earlier this year. She visited Rebecca Hanigosky, D.O., OB/GYN, who performed an examination and ordered several diagnostic tests. Several large fibroid tumors were discovered.

After researching the uterine fibroid procedure, Nancy chose it over the more

traditional surgical hysterectomy performed by an OB/GYN. Interventional radiologist Richard Foster, M.D., performed the UFE.



Richard G. Foster, M.D.

"As miserable as I was," she recalls, "I really don't think I would have gone through a major hysterectomy and its six-week recovery time. With Dr. Foster's treatment of my fibroids, I was in the hospital only one night and was off work only a week. I was only lightly sedated during the procedure and recall being able to watch on a monitor."

"I just can't say enough good things about Dr. Foster and the staff at Sharon Regional. They were all wonderful."

Uterine Fibroid Treatment:

An Alternative to Hysterectomy:

Of the 600,000 hysterectomies performed in the U.S. each year, uterine fibroids are indicated in 30 to 60 percent of these surgical procedures. As a treatment for uterine fibroids, UFE is a much less invasive alternative to hysterectomy. Unlike hysterectomy, in which the uterus is surgically removed, UFE leaves the uterus intact.

The following Allegheny Radiology Associates interventional radiologists perform uterine fibroid embolization at Sharon Regional: Paul M. Kiproff, M.D.; Gordon K. McLean, M.D.; Jonathan M. Potts, M.D.; Richard G. Foster, M.D.; and Elmer Nahum, M.D.

All are Board Certified with a Certificate of Added Qualifications in Vascular and Interventional Radiology.

For further information or to set up an appointment to learn more about this procedure, please call the Sharon Regional office of Allegheny Radiology Associates at 724-981-6732 or Michalene Gula, RN, BSN, director of Women's Services/Community Outreach, 724-983-3944, or e-mail mgula@srhs-pa.org.



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, Sept. 28 or Oct. 26 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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www.sharonregional.com

Cancer Care Center offering rehabilitation services



Sharon Regional's Cancer Care Center, 2320 Highland Road, Hermitage, is now offering its patients Rehabilitation Services in a new, dedicated area that is part of the Center's recent expansion/renovation project. The rehab team of physical, occupational, and speech therapists specializes in helping cancer patients with the many associated conditions that often accompany a cancer diagnosis and subsequent treatment plan. This is the only such service in Mercer County.

At the Cancer Care Center, Rehab Services addresses generalized pain, decreased endurance and weakness that is limiting functioning during or after cancer treatment, lymphedema, fatigue and nausea, post radiation tissue fibrosis, difficulty walking and impaired balance, the need for assistive devices, swallowing/eating concerns, and much more.

For more information, please call 724-983-3960.

Occupational therapist Aleah Songer, OTR/L, (left), and physical therapist Tammy Meyerowich, PT, are shown in the new rehab services center within the Cancer Care Center.

Sharon Regional Cancer Care Center among first in the nation to treat advanced prostate cancer patients with new medication

The Cancer Care Center of Sharon Regional Health System is among the first sites in the nation to treat advanced prostate cancer patients with PROVENGE® (sipuleucel-T), the first in a new therapeutic class known as autologous cellular immunotherapies. PROVENGE was approved by the U.S. Food and Drug Administration (FDA) for the treatment of men with asymptomatic or minimally symptomatic metastatic castrate resistant (hormone refractory) prostate cancer and is made by Dendreon Corporation.

"We are grateful for the opportunity to bring this exciting new treatment option to our prostate cancer patients," said George

Garrow, M.D., director of medical oncology at Sharon Regional's Cancer Care Center. "This is another example of our commitment to bring the newest and most advanced treatments to our community."

PROVENGE is a prescription medication for certain men with advanced prostate cancer that is an autologous cellular immunotherapy (meaning it's made from a patient's own immune cells), designed to make it possible for the individual's immune system to identify and target prostate cancer cells. Each dose is manufactured specifically for each patient using his/her own immune cells. In a clinical trial, PROVENGE reduced the risk of death from prostate cancer by

22.5% in men who received treatment.

ABOUT PROSTATE CANCER

According to the American Cancer Society, prostate cancer is the most common non-skin cancer in the United States and the third most common cancer worldwide. More than two million men in the United States have prostate cancer, with an estimated 217,730 new cases and approximately 32,050 men expected to die from the disease in 2011.

For more information contact Sharon Regional's Cancer Care Center at 724-983-5900 or visit www.PROVENGE.com.

October 8 Open House for School of Nursing:

Prospective students and their families can tour Sharon Regional's School of Nursing and meet faculty and current students during its Open House on Saturday, October 8, 1 p.m.-3 p.m. at the School, 740 E. State St., Sharon. For more information please call 724-983-3865 or visit www.sharonregional.com/schoolnursing.htm.

740 East State Street • Sharon, PA 16146
www.sharonregional.com

New pulmonary rehab program available



Neven Kasic, M.D.

Sharon Regional's new Pulmonary Rehabilitation Program provides assistance for individuals with lung disease who often feel they are "short of breath." The program seeks to slow down and minimize the progression of the symptoms of lung disease by combining exercise with education, breathing retraining, nutritional counseling, and psychosocial support. Individualized programs are designed for patients of all ages who suffer from lung disorders such as chronic obstructive pulmonary

disease (COPD), asthma, chronic bronchitis, emphysema or fibrosis, as well as for lung transplant and lung reduction candidates.

THE GOALS OF THE PULMONARY REHABILITATION PROGRAM

- Reduce a patient's shortness of breath and the anxiety it brings
- Increase exercise tolerance and the ability to perform normal daily activities
- Increase a patient's understanding of their particular lung disorder
- Teach patients to master proper use of respiratory medications
- Teach patients to master proper breathing techniques
- Reduce the possibility of hospitalizations
- Motivate patients to start and maintain a home exercise program
- Promote self-reliance and independence

HOW THE PULMONARY REHABILITATION PROGRAM WORKS

After a referral is received from a physician, patients receive an extensive interview and if necessary, a variety of tests are conducted by a respiratory therapist. This testing may include a complete pulmonary function study, a six minute walk with oximetry, an EKG, basic blood work, and a simple physical assessment. Test results are reviewed by Neven Kasic, M.D., medical director of the program, who along with a respiratory therapist then designs a customized exercise program to meet the patient's individual needs.

Sessions are scheduled twice a week and generally run for 8-12 weeks. During these sessions, exercise programs are combined with group lectures on a variety of topics consistent with the patient's program. Upon completion of the program, a home based exercise program is set up so patients can continue to maintain progress and healthy living habits.

For further information please call 724-983-1980.



Shenango Valley YMCA

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