Jefferson: A Proud Partner of the Allegheny Health Network

At Jefferson Hospital, we’ve gone through some big changes during the past three months. We are growing even stronger, offering more services than ever before, and we remain committed to patient-centered, affordable, high-quality care.

Since we became part of Highmark’s new Allegheny Health Network in July, we have been busy launching a new brand identity that signifies a bright future for the communities we serve. We are transitioning to our hospital’s new name, Jefferson Hospital.

We’re proud of our new affiliation and bright new logo – but even more proud of what they mean for you and your family:

- New and expanded specialties and programs, including a state-of-the-art Emergency Department, a comprehensive Cancer Care Center, and an exciting Women’s Health Services initiative that includes an obstetrics unit and pre- and post-natal care. *(Read more about our dedication to serving women at all ages and stages of their lives inside this issue).*

- Advanced surgery, including robot-assisted and minimally invasive options,

- A major addition with enhanced programs and services offered at our Bethel Park Campus.

Our patients will benefit from Allegheny Health Network’s complete spectrum of advanced medical care, including expertise and multi-disciplinary programs in:

- Cancer treatment
- Cardiovascular care
- Neurological and neurosurgical services
- Organ transplantation
- Orthopedic and rehabilitation services
- Women’s health
- Emergency medicine, trauma and burn care

At Jefferson, we share the enthusiasm of William Winkenwerder Jr., MD, president and CEO of Highmark, who stated, “The healthcare professionals, hospitals and ancillary service providers that make up Allegheny Health Network are some of the very best in the country, and we are excited to begin sharing with the community their many great stories and examples of the exceptional, compassionate care that they provide each day.”

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In Jefferson’s 2012-2013 Community Health Needs Assessment – a comprehensive review and analysis of data regarding the health issues and needs of residents of our service region – access to pre- and post-natal care and obstetrical care in the community was determined to be a crucial need.

Families and mothers-to-be will be pleased to know that a new state-of-the-art obstetrics unit with enhanced specialty services will soon be part of Women’s Health Services at Jefferson Hospital.

An extensive renovation project is underway on the hospital’s fourth floor that will include a Mothers and Babies Center featuring:

- A two-bed triage unit,
- Nine LDRP (Labor, Delivery, Recovery, Postpartum) Suites, an environment that enables mothers to remain in one room throughout each step of the birth experience,
- Seven-bed post-partum unit,
- Level II nursery for special needs,
- Two dedicated cesarean-section rooms,
- Patient amenities and services, including lactation services, room service dining and advanced security system, and
- 24/7 obstetric anesthesia and newborn services.

Heading Jefferson’s new obstetrics program as medical director is David Logan, MD, an experienced obstetrician and gynecologist with a successful practice for more than two decades at West Penn Hospital. Dr. Logan is enthusiastic about bringing obstetrics to Jefferson, which will ensure that women in Pittsburgh’s South Hills “can stay in their community and get the excellent care they deserve.”

Some 1,500 births are anticipated annually in the region’s new obstetrics unit, which is expected to open in late 2014.

Providing leadership to the program is Allan Klapper, MD, system chair, Department of Obstetrics and Gynecology, West Penn Allegheny Health System.

To contact David Logan, MD, call 412-655-6460.

davidloganmd@jeffersonhospital.com
Women can decrease the odds of having a heart attack by making four basic lifestyle changes, says Dr. Takahashi. “It’s all about prevention and maintenance,” she says.

1. Don’t smoke or use tobacco.
2. Increase your physical activity.
3. Follow a heart-healthy diet.
4. Maintain a healthy weight.

Additional resources are available at www.jeffersonhospital.com

Unlike the other diseases, signs of heart disease typically are silent until a woman’s condition is very critical, Dr. Takahashi says. In one study, only 53 percent of women said they would call 911 if they experienced symptoms of a heart attack. But 79 percent said they would call 911 if someone else was having a heart attack.

“We’re very good at taking care of others before we take care of ourselves,” she said.

The most common symptoms of a heart attack for both men and women include chest pain, discomfort, and a feeling of pressure or squeezing. But other heart attack symptoms are more likely to be experienced by women, including:

- Unusual upper body pain or discomfort in one or both arms, the back, shoulder, neck, jaw or upper part of the stomach.
- Shortness of breath, with or without chest pain.
- Nausea or vomiting.
- Unusual or unexplained fatigue, which may be present for days.
- Breaking out in a cold sweat.
- Light-headedness or sudden dizziness.

There’s a very good reason why women should take better care of their hearts, according to Mitsuko Takahashi, MD, a cardiovascular/thoracic surgeon at The Heart Institute at Jefferson. More women in this country die of cardiovascular disease than stroke, lung cancer and breast cancer, according to the Centers for Disease Control and Prevention.

Behavioral Health Care Services

Women’s Behavioral Health Care Services offer help with issues related to pregnancy, post-partum depression and menopause, empty-nest syndrome, anxiety, aging parents and marital problems. Counseling and psychotherapy, hypnosis, imagery, relaxation therapy and biofeedback can be helpful for a wide range of issues facing women, from fibromyalgia and migraine headaches to irritable bowel syndrome and other mind-body centered conditions.

“We are working closely with our primary care doctors to offer counseling, psychological services and psychiatric consultations to provide a more holistic approach to patients’ medical care,” said Joseph Cvitkovic, PhD, director, “and we are working on a model to provide health coaching and integrating services with Dr. Judith Balk at our Bethel Park Campus.”

To reach Behavioral Health Care services, call 412-881-2255.
Pelvic Rehab Enhances Women’s Quality of Life

At Jefferson Hospital, a new physical therapy service – pelvic rehabilitation – is enhancing the quality of life for women. Nicole Reilley Dosey, DPT, CLT, is a specialized therapist in the new service that helps female patients with pelvic floor disorders.

The pelvic floor is a network of tissues, ligaments and muscles in the lower abdominal area that supports the vagina, bladder, uterus and rectum. Disorders result from tears, weakness or poor muscle and nerve function in the pelvic floor region.

“The pelvic floor is the foundation and support of your organs and it aids in pelvic stability,” said Dosey. “Just like the foundation of your home, if this fails, you can get leakage and damage.”

At Jefferson Hospital, individualized care maximizes the achievement of patients’ goals. Treatment can consist of a variety of components depending on the patient’s diagnosis.

“We offer biofeedback, electrical muscle stimulation, relaxation methods and manual techniques for muscle and tissue. Patients with incontinence are also educated on bladder and bowel retraining and pelvic floor muscle strengthening, known as Kegels. For women experiencing pelvic pain, treatment is a comprehensive therapy,” Dosey said.

Pelvic rehabilitation services are available at Jefferson’s Bethel Park Campus. Contact Nicole Reilley Dosey, DPT, CLT, at 412-854-7010.

A New Dimension in Breast Cancer Detection

Jefferson Hospital will be adding Breast Tomosynthesis to its diagnostic imaging services. Georgine DeMarino, MD, Medical Director Jefferson Diagnostic Services, said advantages to the new diagnostic imaging tool include:

- Earlier detection of small breast cancers that may be hidden during 2D mammography, particularly valuable in patients with dense breasts.
- Greater accuracy in pinpointing size, shape and location of abnormalities.
- Fewer unnecessary biopsies or additional tests.
- Fewer patients recalled from screening mammography for additional views.
- Greater likelihood of detecting multiple breast tumors, which occur in 15 percent of breast cancer patients.

For more information on a full range of diagnostic services for women at Jefferson Hospital and many community locations, call Jefferson Diagnostic Services at 412-469-5234 or visit jeffersonhospital.com.
Learn to Manage Diabetes at Free Expo November 9

Make plans to attend the free American Diabetes Association Expo on Saturday, Nov. 9 at the David Lawrence Convention Center, downtown Pittsburgh.

The Expo from 9 a.m. to 4 p.m. will include valuable information presented by healthcare professionals, on topics ranging from “Building Healthy Families” and “Are You at Risk for Kidney Disease?” to “Weight Loss: Make it Real, Make it Last” and “Getting Back to Basics.” Experts will be available to answer questions related to managing diabetes and preventing its serious complications.

Free health screenings will be available to check cholesterol, blood pressure, body mass index and blood glucose level and provide a diabetes risk assessment. There will be cooking demos, healthy food sampling and recipes, fitness demonstrations and exercise tips.

Allegheny Health Network is a sponsor of the Expo. For more information, call 1-888-DIABETES. To register online, go to diabetes.org/EXPOPittsburgh. Preregistration is not required.

Munhall Community Day

Munhall Borough celebrated community pride and tradition at its annual Community Day on Saturday, Aug. 24. The event started at 9 a.m. with a 5K race and walk sponsored by Jefferson Hospital and continued until fireworks at dark. Rob Falce, Munhall council vice president and Community Day planning committee chairman, said the festival was a big success with more participants than anticipated. More than 125 runners and walkers participated in the 5K race and walk. Falce said the Borough has sponsored Community Day since 2000, but it did not take place in 2012 due to lack of funding. A donation by Jefferson Hospital enabled the popular family event to be held this year.
October is National Breast Cancer Awareness Month
Choose Jefferson for Comprehensive Breast Care

Q&A with Mark Gannon, MD, FACS
General Surgeon Specializing in Breast Surgery and Medical Director, Jefferson Comprehensive Breast Program

Q. Why should women feel confident in trusting Jefferson Hospital for excellent breast care and treatment?
A. Jefferson has developed an exceptional comprehensive breast program to address the needs of our community by providing state-of-the-art diagnostic facilities and a team of specialists to care for each patient with individual treatment plans. It is a multidisciplinary approach, with involvement of the radiologist, breast care navigator, pathologist, surgeons and oncologists, both radiation and medical oncology.

Q. Does Jefferson offer diagnostic services specific to women's needs?
A. Jefferson has several community-based imaging centers throughout our service area to provide screening and diagnostic mammography as well as ultrasound and MRI. A dedicated Women’s Diagnostic Center provides advanced imaging and image-guided biopsy with mammogram, ultrasound and MRI-guided techniques. State-of-the-art breast tomosynthesis (3-D imaging) for high-risk screening and diagnosis will be available soon.

Q. What kinds of breast cancer treatment options are available at Jefferson?
A. We offer a full range of surgical and oncologic treatment options including breast conservation surgery, sentinel lymph node biopsies, mastectomy and nipple-sparing mastectomy with plastic surgery reconstruction, radiation oncology and systemic therapy. We also provide counseling and physical therapy, including lymphedema therapy, and offer genetic testing and counseling for high-risk patients.

Q. How does our patient navigator help women in their journey from cancer diagnosis to treatment?
A. Brenda Cline, RN, MSN, CBPN-IC, is a nationally certified breast care navigator with Jefferson’s Comprehensive Breast Program. She meets with patients at the time of their initial biopsy and offers constant support and education, coordinating their testing, treatment and scheduling of appropriate appointments. She provides close communication between the patient and the specialists involved in her care.

Find more information about Women’s Health Services at Jefferson at jeffersonhospital.com.

www.jeffersonhospital.com

Early Detection Can Save Lives

The American Cancer Society recommends that women ages 40 and older get regular mammograms as an important part of a breast cancer screening plan. Schedule your screening at one of these convenient facilities:

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<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Women’s Diagnostic Center</td>
<td>575 Coal Valley Road</td>
<td>412-469-5995</td>
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<tr>
<td>Jefferson Hills 15025</td>
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<tr>
<td>Jefferson Medical Arts Building</td>
<td>1200 Brooks Lane</td>
<td>412-460-8300</td>
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<tr>
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<td>Jefferson Diagnostics</td>
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<tr>
<td>Jefferson Diagnostics</td>
<td>Brentwood Professional Plaza</td>
<td>412-886-2700</td>
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<tr>
<td>Jefferson Diagnostics</td>
<td>Waterfront Medical Building</td>
<td>412-325-0990</td>
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<td>Homestead 15120</td>
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Early detection can save lives.
“The success of our heart care program is evidenced in the complexity of the procedures performed, the quality outcomes and the volumes achieved. This is a tribute to our cardiologists, cardiac surgeons and staff and the venerable leadership of Dr. Sang Park.”

— Richard F. Collins, MD, Executive Vice President and Chief Medical Officer

Dr. Sang Park: Pioneer of Advanced Complex Cardiac Care

Jefferson Hospital has earned national honors for its consistently high quality of care for cardiac patients. Cardiothoracic surgeon Sang Park, MD, has played a major role in the growth and accomplishments of Jefferson’s cardiac program.

When Dr. Park announced that he would retire this fall, he reflected on his impressive career as a pioneer in his field and his respected reputation in the Pittsburgh healthcare community and said, “I hope I made a contribution.”

His many colleagues, staff members, patients and friends would agree that is an understatement.

Dr. Park has been instrumental in leading the heart care program at Jefferson to its current status as an award-winning center with a reputation for outstanding patient care (see page 8), advanced technology and highly-skilled cardiologists and cardiothoracic surgeons.

Dr. Park is renowned for his ability to achieve outstanding outcomes for heart patients with the most complex surgical challenges.

“From day one, I wasn’t afraid to tackle the difficult cases. Even some cases that other hospitals told patients they wouldn’t do, I took care of them;” he said.

More than a decade later, Jefferson provides a wide array of cardiac surgical services, including minimally-invasive techniques and complex valvular surgical reconstructions, diagnostic procedures and esophageal surgery.

Looking back, Dr. Park says he feels fortunate to have been involved in cardiac surgery in the 1960s and ’70s, when the field was rapidly progressing with advances in surgical techniques, devices and technology.

A major part of Dr. Park’s legacy at Jefferson is with his two sons, Chong Park, MD, and Kyung Park, MD, who continue the tradition of exceptional cardiac surgical care inspired by their father; Dr. Chong Park as medical director of the Heart Institute and past chairman, Department of Surgery; and Dr. Kyung Park as medical director, Cardiovascular Care Unit.

He and his wife, Inai, also have a daughter, Jeanne, a neonatal intensivist in Phoenix, and six grandchildren.

The Jefferson family offers heartfelt best wishes to Dr. Sang Park as he embarks on a well-deserved retirement.
Jefferson First in PA to Achieve Cardiac Care Distinction

Jefferson Hospital’s exceptional care for heart attack patients has earned it the American Heart Association’s Mission: Lifeline® Heart Attack Receiving Center accreditation. Jefferson is the first healthcare facility in Pennsylvania to achieve this distinction.

The accreditation recognizes hospitals qualified to treat a serious form of heart attack known as STEMI (ST-Elevation Myocardial Infarction). The hospital’s cardiac team demonstrated expertise in exceeding established standards for the time (90 minutes) between the arrival of heart attack patients to the time they receive angioplasty, thrombectomy or stenting, life-saving procedures for reopening blocked arteries.

“Our heart care program has won numerous honors for its outstanding patient outcomes and complex cases,” said John Dempster, President and CEO. “As part of Allegheny Health Network, Jefferson looks forward to providing expanded services and an even greater focus on quality of care.”

Saturday, January 25, 2014
Jefferson Hospital Gala
Heinz Field, Pittsburgh
More details to follow!

Free Health for Her Programs
Jefferson Hospital offers free Health for Her programs throughout the year on a variety of interesting topics with guest speakers. Programs are listed in our Calendar of Events at jeffersonhospital.com. Registration is required; call 412-469-7100 or register online. Programs are held from 5-7 p.m. in the Bibro Pavilion, Jefferson Hills.

Oct. 28 - Pelvic Health
Spyridon Marinis, MD, urogynecologist, will discuss where medicine stands today for maintaining and restoring the health of a woman’s bladder, bowel and pelvic floor.

Nov. 14 - Metabolic and Bariatric Surgery
Patricia Patton, RN, of Hope Bariatrics at Jefferson Hospital, will provide an overview of metabolic and bariatric surgery, when to consider weight loss surgery and the types of surgeries available.

Dec. 9 - Healthy Skin: How to Get it and Protect it
Kelley Smith, DO, will discuss how to improve the condition of your skin, not just during the cold-weather months, but all year long – and at all stages of your life.

www.jeffersonhospital.com