Our care: expert, comprehensive, and tailored to you.
Our goal: returning you to a healthier, better life.
At Jefferson, we take your care and well-being to heart.
Clinical Excellence. Dedication to Our Patients.

Medical and surgical excellence with an emphasis on the individualized care of our patients and their families is the cornerstone of our approach at The Heart Institute of Jefferson Hospital.

The Heart Institute offers state-of-the-art, comprehensive care to those with cardiovascular and thoracic diseases, in a patient-focused community setting conducive to healing.

We strive for excellence in the care of the body, mind, and spirit. For every patient, every time.

About Jefferson Hospital

Jefferson Hospital is a 370-bed hospital and part of the Allegheny Health Network, a seven-hospital regional health system providing high-quality, comprehensive services to the residents of Southwestern Pennsylvania in more than 40 specialties including The Heart Institute; The Orthopedic Institute; Primary Stroke Care; Emergency Services; inpatient and outpatient surgery; and comprehensive outpatient diagnostic and therapy services.

Nationally recognized as a provider of quality medical care, Jefferson Hospital has earned top-tier and national awards in open heart surgery, vascular surgery, stroke, orthopedics, patient satisfaction, and reduction in hospital-acquired infection. Jefferson Hospital is fully accredited by the Joint Commission on Accreditation of Healthcare Organizations.
Teamwork forges excellence: Jefferson ranks among the top 10 hospitals in Pennsylvania for its cardiac surgery program, and received HealthGrades’ Cardiac Surgery Excellence award.
From its inception in 2002, The Heart Institute has received top honors and awards from national healthcare ranking organizations, healthcare insurance companies, and medical professional societies—including the American Heart Association, HealthGrades®, Press Ganey™, and the Society of Thoracic Surgeons. These recognitions underscore the consistently high quality of care we offer to patients with complex surgical needs.

- The Heart Institute is Pennsylvania’s first accredited Heart Attack (STEMI) Receiving Center by the American Heart Association’s (AHA) Mission: Lifeline program; and received the AHA’s Gold Plus Award for Get With the Guidelines-Heart Failure

- The Heart Institute received HealthGrades® highest ranking, five stars, for the Treatment of Heart Attack and Coronary Bypass and Valve Replacement Surgery. For three years in a row (2010 – 2012), our program is ranked among the top 10 percent in the nation for Cardiac Surgery, top 10 hospitals in Pennsylvania for Cardiac Surgery, and received the HealthGrades Cardiac Surgery Excellence Award™ (healthgrades.com)

- The Society of Thoracic Surgeons has given The Heart Institute of Jefferson Hospital its highest Three-Star rating, representing their highest tier of cardiac surgical quality performance. This places the Heart Institute among the top 12 percent of almost 1,000 cardiac surgical programs in the nation to have achieved this elite level of quality and patient outcome. (sts.org)

- The Pennsylvania Health Care Cost Containment Report cited the clinical excellence of The Heart Institute at Jefferson Hospital for superior clinical outcomes in the diagnosis and treatment of the most critically ill, surgically complex cardiac care cases among Pennsylvania hospitals. (PHC4.org)

For Coronary Artery Bypass Surgery, Jefferson Hospital’s clinical outcomes are four times better overall than the national average for the most complex cardiac cases.
The Heart Institute is a team of highly skilled medical professionals delivering advanced, comprehensive cardiothoracic and vascular care to the residents of southwestern Pennsylvania.

**Chong S. Park, MD**  
*Medical Director, The Heart Institute*

- Medical School: Hahnemann University School of Medicine, Philadelphia, PA
- General Surgery Residency: Brown University, Providence, RI
- Cardiothoracic Surgical Residency: Allegheny General Hospital, Pittsburgh, PA
- Board Certification: American Board of Surgery, American Board of Thoracic Surgery

**Kyung S. Park, MD**  
*Medical Director, Cardiovascular Care Unit*

- Medical School: Hahnemann University School of Medicine, Philadelphia, PA
- General Surgery Residency: Columbia University, St. Luke's Roosevelt Hospital, New York, NY
- Cardiothoracic Surgical Residency: St. Luke's Hospital of Kansas City, Kansas City, MO
- Board Certification: American Board of Surgery, American Board of Thoracic Surgery

**Mitsuko Takahashi, DO, MPH**  
*Medical Director, Women's Cardiac Program*

- Medical School: Des Moines University, Des Moines, IA
- Residency: Wyckoff Heights Medical Center, Brooklyn, NY
- Fellowship: Mt. Sinai Medical Center, New York, NY
- Board Certification: American Board of Surgery, American Board of Thoracic Surgery

**Sang B. Park, MD, Medical Director Emeritus, The Heart Institute**

The surgical excellence, innovation and award-winning patient care of the Heart Institute have been the design of Sang Park, MD, founder of Park Cardiothoracic and Vascular Institute at Jefferson Hospital (parkcardio.com). Dr. Park retired from his position as Medical Director of Cardiovascular Surgery in 2013.

During his long career, Dr. Park pioneered the development of myriad new techniques and protocols in cardiac surgery, including the artificial heart, the sutureless heart valve, reverse bypass, and the nuclear pacemaker. His reputation for taking the most complex, challenging cases to successful outcomes restored hope to hundreds of patients, while countless young cardiothoracic surgeons benefitted from his mentorship and expertise for more than 21 years. Dr. Park’s progressive leadership of two Thoracic and Surgical Heart programs - at St. Francis and Allegheny General Hospitals – and his groundbreaking research helped set the stage for today’s standard practices in cardiothoracic and vascular surgery.
Excellence in cardiac care requires dedication, experience, focused teamwork, and the latest procedures and technologies in the field. Jefferson's board-certified, experienced cardiac specialists use advanced diagnostic and state-of-the-art interventional technologies to treat heart disease.

*When it's your heart, choose a cardiac specialist with a commitment to excellence.*

A commitment to the highest standards in cardiovascular care has earned The Heart Institute a HealthGrades® Five-Star Ranking for Treatment of Heart Attack for three consecutive years. In addition, the Heart Institute has earned two Silver Plus Quality Achievement Awards for treatment of acute heart attack and congestive heart failure from the American Heart Association’s Get-With-The-Guidelines Program. These awards underscore the skill and dedication of The Heart Institute's cardiology team.

Our medical directors of Cardiology are:

**Peter M. Lemis, MD** – Medical Director, Nuclear Cardiology  
> Medical School: New York Medical College  
> Residency: Long Island Jewish Medical Center  
> Fellowship: Henry Ford Hospital, Detroit, MI  
> Board Certification: Cardiology, Internal Medicine  

**Amish M. Mehta, MD** – Medical Director, Echocardiography  
> Medical School: University of Pittsburgh School of Medicine  
> Residency: University of Pittsburgh Medical Center  
> Fellowship: Allegheny General Hospital, Pittsburgh, PA  
> Board Certification: Cardiology, Internal Medicine, Nuclear Cardiology  

**Glen R. Miske, DO** – Medical Director, Electrophysiology  
> Medical School: Philadelphia College of Osteopathic Medicine  
> Residency: University of Pittsburgh School of Medicine; St. Francis Hospital, Pittsburgh, PA  
> Fellowship: Landenau Medical Center, Philadelphia, PA; University of Pittsburgh School of Medicine; Allegheny General Hospital, Pittsburgh, PA  
> Board Certification: Cardiac Electrophysiology, Internal Medicine, Cardiology  

**Daniel A. Rubin, MD** – Medical Director, Cardiac Catheterization Laboratory  
> Medical School: State University of New York at Buffalo  
> Residency: Beth Israel Medical Center, New York, NY  
> Fellowship: Allegheny General Hospital, Pittsburgh, PA; UPMC Presbyterian Hospital, Pittsburgh, PA  
> Board Certification: Cardiology, Internal Medicine, Cardiology/Interventional  

**James F. Shanahan IV, MD** – Medical Director, Cardiology Services  
> Medical School: Georgetown University School of Medicine, Washington, D.C.  
> Residency: Georgetown University Hospital  
> Fellowship: UPMC Presbyterian Hospital, Pittsburgh, PA  
> Board Certification: Cardiology, Internal Medicine
Cardiologists
Lawrence N. Adler, MD
Shamsheer Bakth, MD
Alan D. Bramowitz, MD
Ramesh R. Chandra, MD
Stephen Czak, MD
Abe W. Friedman, MD
Mark J. Geller, MD
Gennady Geskin, MD
Donald J. Grandis, MD
Barbara M. Juriga, DO
Edward G. Kaliman, MD
Benjamin Kalsmith, MD
Siva Kedar, MD
Meera D. Kondapeneni, MD
Subramania Krishnaswami, MD
Dean E. Kross, MD
Vivek V. Kumar, DO
Peter M. Lemis, MD
Kenneth H. Lentz, MD
Vasantha C. Madhavan, MD
Amish M. Mehta, MD
Ricci A. Minella, MD
Cyril Nathaniel, MD
Michael S. Nathanson, MD
Rehka Pinto, MD
Thomas B. Pinto, MD
Jethalal L. Rambbia, MD
Richard C. Rosenbloom, MD
Daniel A. Rubin, MD
Joseph J. Secosky, MD
Olga Shabalov, MD
Anisha N. Shah, MD
James F. Shanahan IV, MD
Saul J. Silver, MD
Jack E. Smith, MD
Stuart G. Tauberg, MD
Veerunna C. Yadagani, MD

Clinical Cardiac Electrophysiology
Barry L. Alpert, MD
Maninder S. Bedi, MD
Leonard I. Ganz, MD
Glen R. Miske, DO
Puvalai M. Vijaykumar, MD

The Heart Institute is Pennsylvania’s first accredited Heart Attack Receiving Center by the American Heart Association’s Mission: Lifeline program.
Cardiovascular Services

*Excellence in health care depends, first and foremost, on a complete diagnosis.*

Jefferson Hospital’s Cardiovascular Services provide a comprehensive slate of diagnostic tests to make an accurate diagnosis of cardiac, vascular, and thoracic disease. From there, our cardiologists can recommend the best treatment.

The Heart Institute offers state-of-the-art transesophageal echocardiography, a technology that has revolutionized the diagnosis and management of several cardiovascular conditions, including mitral valve disease.

Available testing includes:
- Electrocardiogram
- Holter Monitor
- Echocardiography
- Transesophageal Echocardiogram
- 3-D Transesophageal Echocardiogram
- Cardiac Stress Testing
- Standard EKG
- Stress Echocardiogram
- Nuclear Stress Testing

Jefferson Hospital offers several convenient outpatient cardiothoracic diagnostic testing sites throughout the community.

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One number to call for appointments: 412-469-5234
Cardiac Catheterization

Cardiac Catheterization is a complicated-sounding term with a very simple meaning: the insertion of a tube into an artery to find and open a blockage; many times, during an emergency, but sometimes, as a way to find out more about a heart condition.

In a cardiac catheterization, a specially-trained interventional cardiologist inserts a long, thin tube called a catheter into an artery or vein, and threads it through a coronary artery to determine the presence of blockage in blood vessels feeding the heart muscle. These blockages are caused by the buildup of a substance called plaque. When blockages are severe, they can cause symptoms such as chest pain and shortness of breath.

If a blockage is found, one option for treatment is to insert a small mesh tube called a stent. This opens the blockage so blood can flow freely to the heart muscle.

Catheters can be inserted either into the femoral artery (in the groin) or into the radial artery (in the wrist). Because the femoral artery is larger and provides a more direct route to the heart, this artery is generally used. For patients who are good candidates, using the radial artery for catheterization can be more comfortable and allows the patient to sit up, walk, and eat immediately afterward.

IVUS, or intravascular ultrasound, allows cardiologists to closely examine the inside of a vessel, obtaining more distinct information concerning the specific type of blockage to determine how to best treat a particular blockage. IVUS enables the cardiologist to determine the precise measurements needed to place an appropriately-sized stent.

Our team of interventional cardiologists provide the skill and expertise for advanced, minimally-invasive treatments like these in our four fully-equipped, state-of-the-art Cardiac Catheterization laboratories.

Jefferson Hospital is a member of the American Heart Association’s Mission: Lifeline Project to ensure that our patients receive life-saving treatment within 90 minutes of the onset of a heart attack.

Our cardiac teams are available 24 hours a day, seven days a week. Because heart attacks rarely happen at a convenient time.
Electrophysiology Services

The Heart Institute at Jefferson Hospital provides comprehensive electrophysiology services offering the most advanced diagnostic and treatment tools to control or cure a variety of heart arrhythmias. Diagnostic testing such as tilt table testing and electrophysiology studies provide feedback to the physician on the type of heart arrhythmia associated with a patient’s condition. This testing allows the physician to choose the best path for treatment.

A specially-trained physician, an electrophysiologist, and the staff at The Heart Institute provide the highest level of cardiac care for treatment of heart arrhythmias. Treatment of these arrhythmias can include medication therapy and/or invasive therapy. The Heart Institute provides all procedures necessary to treat these medical conditions, including:

- Electrical Cardioversion
- Pacemaker Implantation
- Internal Cardiac Defibrillator Implantation
- Bi-Ventricular Pacemaker Implantation
- Ablation (radiofrequency ablation)

Linda Cook

Linda Cook was out with friends when she noticed she wasn’t feeling well – ache and discomfort in her shoulder and neck, and tightness in her throat. She drove home, and decided to lie down. Her daughter, a volunteer EMT, had a better idea: she called 911. Brentwood EMS arrived and hooked Linda up to an EKG, transmitting to the ED and cardiology teams waiting at Jefferson Hospital. Within minutes of arrival, interventional cardiologist Dr. Daniel Rubin discovered 100 percent blockage in her coronary artery, and inserted a stent to open the blockage.

After a two-day hospital stay, Linda began six weeks in cardiac rehab, which was “really beneficial,” she recalls. “I had great care in the CV Unit, and a very positive experience in Rehab. Now, I tell any woman who will listen, go get checked! And know the symptoms of a heart attack.”
Cardiac Surgery

Each year, more than 10,000 surgeries take place at Jefferson Hospital. More than one-third of those are done by the cardiac surgeons of Jefferson Hospital’s Heart Institute. Since its inception a decade ago, Heart Institute surgeons have performed more than 4,700 cardiac procedures: coronary artery bypass grafts, valve replacements and repairs, among many others.

The Heart Institute’s cardiac surgery and cardiology teams have earned Jefferson Hospital five-star ratings from HealthGrades,® the nation’s most trusted independent source for physician information and hospital quality outcomes, for Coronary Bypass Surgery (2011 and 2012); Valve Surgery (2009 through 2012); Treatment of Heart Attack (2010 through 2012), and Treatment of Stroke (2008 through 2012).

Jefferson’s recent expansion of its surgical facility, a two-story, $17.5 million addition, features highly advanced video imaging systems, dedicated laboratory and pharmacy, and a unique, state-of-the-art wireless charting and documentation system for superior data collection, resulting in increased patient safety and patient outcomes, even in the most clinically complex cases.

The Cardiovascular Unit support staff – nurses, physician assistants, perfusionists, surgical and patient care technicians – is a seasoned group of clinical professionals each with an average of ten year’s surgical team experience, taking pride in providing excellent, personalized patient care within a technologically advanced environment.
John “Hoppy” Mitruski

High School Coach John “Hoppy” Mitruski can claim some impressive numbers: four high school football championship rings, thirty years of teaching Phys Ed, and coaching two sports – football and girls’ softball. Six cardiac catheterizations. Four stents. Three coronary arteries repaired by surgery.

Mitruski, 60, of Jefferson Hills, served as assistant coach of the Thomas Jefferson Jaguars’ football team during its three state championships and one additional WPIAL title, and has coached for more than three decades. He goes by “Hoppy” after Hopalong Cassidy, a fictional cowboy hero.

Hoppy’s surgery was one in a series of cardiac treatments he’s had throughout the years: several heart attacks, emergency heart catheterizations and, most recently, triple coronary artery bypass surgery to address a 90 percent blockage. Not one to sit and relax, Mitruski has put in an hour a day, three days a week, of weight training, running, cycling and stretching, and has lost more than 20 pounds since his first attack.

Dr. Chong Park, Mitruski’s cardiac surgeon, says that it’s “fairly common” for people who survive a heart attack to have another one. Hoppy, looking tan and fit from practices in the sun, isn’t taking any chances. He continues to work out and eat right. His trainers in cardiac rehab keep him on track, he says. “They’re wonderful; they give you a good workout. This is my third or fourth time in rehab, I’ve lost track,” he jokes. “They’re genuine, good people; they make it easy.”

“I’m living proof that the program works.”

Our Surgical Services

Cardiac Surgery
◆ Coronary Artery Bypass Surgery including Minimally-invasive Techniques
◆ Valvular Surgery including Minimally-invasive Techniques
◆ Complex Valvular Surgical Reconstruction
◆ Adult Congenital Surgery

General Thoracic Surgery
◆ Pulmonary Resections, including Minimally-invasive Techniques
◆ Diagnostic Procedures including Bronchoscopy, Mediastinoscopy, and Thorascopic Video-assisted Procedures
◆ Tracheal Procedures

Major Vessel Surgery
◆ Ascending, Arch, Descending Thoracic, and Thoraco-abdominal Aortic Surgery
◆ Thoracic Endovascular Aorta Repairs

Vascular Surgery
◆ Carotid Artery Surgery
◆ Abdominal Aortic Aneurysm Repair, both Endovascular and Open Repair
◆ Aortic Bypass Surgery
◆ Femoral-Popliteal/Tibial Bypass Surgery

Arrhythmia Surgery
◆ Pacemaker and AICD Insertions
◆ Surgical Correction of Atrial Fibrillation

Esophageal Surgery
Cardiovascular Care Units

Cardiovascular Unit (CVU)

After heart surgery, the road back to cardiac health begins in the cardiovascular unit. This 10-bed critical care unit is specially designed to meet the complex needs of patients who have undergone major surgeries of the heart, chest, and vascular system.

Those who enter the CVU from surgery are immediately assigned a dedicated cardiac nurse for those first critical 18 to 24 hours. This is a time of focused patient care – care that helps our patients and their families take those first, small, victorious steps: out of bed, down the hallway, and on the journey back to health.

The CVU team are specialty-trained cardiac professionals: nurses, physician assistants, perfusionists, respiratory specialists, rehabilitation specialists, and consulting physicians, all dedicated to restoring our patients to health and wellness. They take pride in their work, and it shows through the voices of our patients, who have placed Jefferson Hospital in the vanguard of patient care excellence.

Progressive Coronary Care Unit (PCCU)

In the PCCU, the journey to cardiopulmonary health and rehabilitation continues with close monitoring, patient education, and preparation to leave the hospital and begin to embrace heart-healthy living.

This 28-bed telemetry monitoring unit is designed to continue and solidify a patient’s healing and recovery from cardiac surgery. With quiet, private rooms, and a dedicated, experienced, and caring staff, the PCCU provides high quality care to patients that have undergone open heart surgery, heart catheterization, angioplasty, stents, and placement of pacemakers and defibrillators.

Nurse clinicians in the PCCU work with each patient on a recovery education plan: managing activities of daily living, including walking and stair climbing, taking new medications to help lower risk factors, and transition to home and cardiac rehabilitation.

After discharge, a member of the nursing management team maintains contact with families and caregivers to ensure that each patient has a good understanding of their discharge instructions, has scheduled follow-up appointments, and received necessary medications and support to continue their recovery.
Congestive Heart Failure Clinic

Today, nearly five million Americans live with congestive heart failure, a condition in which the heart muscle, weakened by heart disease, is not able to pump as much blood as the body needs.

As the heart’s pumping action lessens, organs may not get the oxygen and nutrients they need to function properly. Fluid may back up in the lungs, liver, or legs which can cause shortness of breath, leg swelling (called edema), and other problems.

The Congestive Heart Failure Clinic at Jefferson Hospital can help you manage this condition at home, to improve your health and quality of life, and prevent repeated admissions to the hospital.

Our multidisciplinary approach to your care by a team of registered nurses, dieticians, behavioral health specialists, and exercise physiologists, provides individualized patient and family education and support, including:

- Symptom Management
- Medication Compliance
- Fluid and Weight Management
- Nutritional Counseling
- Behavioral Health Counseling
- Exercise/Activity Guidance

For more information or to make an appointment, please contact The Congestive Heart Failure Clinic at Jefferson Hospital at 412-267-6540.
Cardiac Rehabilitation

The Cardiac Rehabilitation Program at Jefferson Hospital provides a comprehensive, individualized exercise and education treatment plan for those with heart disease, or who have undergone invasive cardiac treatments including:

- Coronary Artery Bypass Surgery
- Valve Repair/Replacement
- Angioplasty or Stent Placement
- Heart Transplant

Our goal is to guide you toward wellness, and provide the tools you need to maintain a healthy, active lifestyle. During each exercise session, the blood pressure, heart rate, EKG, and oxygen saturation levels of all participants are closely monitored to ensure an optimal experience, and a safe return to daily activities. Individual education from our rehabilitation staff helps guide each participant through a successful transition to a heart-healthy, active life.

The benefits from the program are maximized through a professional staff of registered nurses, clinical exercise physiologists, registered dieticians and behavioral health specialists, working closely with your cardiologist to provide feedback on your progress.

The Cardiac Rehabilitation Program is a covered service by most insurance companies. The Rehabilitation Department will contact your insurance company to verify coverage and will obtain all necessary referrals by working with your physician’s office.

*The Cardiac Rehabilitation Program is located on the main Jefferson Hospital campus. For more information, or to schedule an appointment, please call 412-469-5045.*

We provide a customized and monitored exercise program for each patient, working closely with your cardiologist.
Pulmonary Rehabilitation

The Pulmonary Rehabilitation Program is a comprehensive, individualized exercise and education program for those individuals who have been diagnosed with lung disease, including:

- Emphysema
- Asthma
- Chronic Bronchitis
- Pulmonary Fibrosis
- Lung Transplant
- Cystic Fibrosis
- Bronchiectasis
- Lung Cancer
- Asbestosis

The program provides safe exercise training to increase endurance, increase strength, and help improve your quality of life, as well as providing education and counseling to help you manage your lung condition. Research shows that regularly attending a pulmonary rehabilitation program:

- Improves shortness of breath and lessens fatigue
- Increases the capacity to exercise, and improves overall quality of life
- Reduces the risk of future hospitalizations/illnesses related to lung disease
- Increases knowledge and understanding of lung disease and available treatment options

The Pulmonary Rehabilitation Program maintains a highly-qualified, professional staff of respiratory therapists, registered nurses, clinical exercise physiologists, registered dieticians and behavioral health specialists to help you manage your disease. The staff works closely with your primary care physician or pulmonologist to provide continued feedback on your progress throughout the program.

The Pulmonary Rehabilitation Program is a covered service by most insurance companies. The rehabilitation department will contact your insurance company to verify your coverage and will also obtain all necessary referrals by working with your physician’s office.

The Pulmonary Rehabilitation Program is located on the main Jefferson Hospital campus. For more information, or to schedule an appointment, please call 412-469-5045.
Janet Dolin (with Mark Davis, RD)

Years of dieting and coffee-and-cigarettes replacing meals took a toll on Janet Dolin. The 58-year-old Carrick resident was diagnosed with chronic obstructive pulmonary disease (COPD) and emphysema, and entered pulmonary rehabilitation at Jefferson Hospital. Her cardiologist told her about the Dr. Dean Ornish Program for Reversing Heart Disease, and, curious, Ms. Dolin went to a lecture – and signed up. Within a month, she felt a big difference. During the following months, she quit smoking and subtracted an impressive 36 pounds. “I feel so much better,” she says. “Before, I couldn’t even walk up my hill, and now, I’ve actually joined a gym.”

Ms. Dolin, who loves to cook, gave all her favorite recipes an Ornish-style makeover. “I even converted my husband from his typical meat-and-potatoes diet, to mostly vegetables and grains, like mine.”

The support she’s received from the Ornish staff, including registered dietician Mark Davis, RD, has bolstered her confidence. “They do a wonderful job!” raves Ms. Dolin. “We all cheer each other on. Go, I tell everybody; it will change your life completely – for the better.”
Jefferson Hospital Wellness Center

The Jefferson Hospital Wellness Center provides prevention and wellness services with the goal of reducing the incidence of heart and lung disease in the community through programs to promote healthy living.

Educational Programs

The Wellness Center offers a variety of Highmark® preventive health programs, focused on individual instruction. These programs are designed to help participants maintain a healthy lifestyle, and manage the risk factors associated with heart disease. Our staff of registered nurses, clinical exercise physiologists, registered dieticians, stress management specialists, and group support facilitators engage participants in a variety of courses, including:

- Personal Nutrition Coaching
- Eat Well For Life I & II
- Discover Relaxation Within I & II
- Drop 10 in 10
- The Spectrum – A Dr. Dean Ornish Program
- HOPE (Highmark Osteoporosis Prevention and Education Program)

For additional information on these programs or to register for upcoming programs, please contact Jefferson Hospital Community Programs at 412-469-7100.

Exercise Programs

The Jefferson Hospital Wellness Center provides individualized exercise programs for those with heart and lung disease, as well as preventive exercise programs for those with risk factors such as high blood pressure, high cholesterol, diabetes, history of smoking, and obesity.

The Center provides Maintenance Cardiac and Pulmonary Rehabilitation Classes for individuals who have attended the hospital-based rehabilitation programs, as well as a Prevention Exercise Program for those with cardiac risk factors. These programs consist of evaluation by a clinical exercise physiologist, and individualized exercise instruction with monitoring of blood pressure, heart rate and oxygen saturation with each exercise session. Participants can have their EKG readings closely monitored for the duration of these sessions, to ensure a safe and effective experience.

For additional information, or to register for exercise programs, please contact Jefferson Hospital’s Cardiac Rehabilitation Department at 412-469-5045.
Joe Downing (with Dr. Kyung Park)

As a registered nurse with a family history of heart disease, you’d think that Joe Downing of Jefferson Hills would have had a heads-up on the sensation he described as “an elephant sitting on my chest.”

Instead, he wrote it off as stress from his hyper-busy schedule of work and classes toward a master’s degree as a nurse anesthetist. When he was exhibiting similar symptoms several years earlier, his physician had prescribed a stress test and anti-cholesterol medication. This time, he pointed Joe to Jefferson interventional cardiologist Daniel Rubin, MD, who determined, through a cardiac catheterization, that Joe had 90 percent blockage in his left anterior descending artery. The next day, Joe underwent single cardiac bypass surgery with cardiovascular surgeon Kyung Park, MD, medical director of the cardiovascular care unit.

“The heaviness in my chest was the only symptom I had,” he recalls. “I didn’t have pain or shortness of breath. I didn’t realize I was on my way to a heart attack.” Now, Joe is on schedule to complete his master’s degree, while he completes another important assignment: cardiac rehabilitation.

“As a nurse, I am always impressed by a top-notch surgical experience. I can’t say enough about the great care I received at Jefferson. The nurses, the doctors, the entire staff – everyone was just great.”
About Us:

Jefferson Hospital is a proud part of Allegheny Health Network, an integrated healthcare delivery system dedicated to providing healthcare choice and affordable high-quality care to the people of western Pennsylvania. Our network includes seven hospitals, 7,400 healthcare professionals, and clinical expertise ranging from primary care to the most complex medical and surgical procedures.

Learn more at alleghenyhealthnetwork.org

Printed on recycled paper.

Allegheny Health Network

Jefferson Hospital

jeffersonhospital.com