

Healthy Living

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UPMC Altoona

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Don't Underestimate the Winter Blues

Seasonal affective disorder (also known as SAD) is a subset of depression that occurs during particular seasons of the year — most often in fall or winter. But SAD can be more than a bad case of the “winter blues”: it can lead to serious depression. Here are some important things you should know about SAD and when to seek help.

NEED IMMEDIATE HELP?

If you or someone you know is experiencing suicidal thoughts, seek help immediately by contacting UPMC Altoona's Community Crisis Center at **814-889-2141**.

During the late fall and winter months, **Jacque Harpster, MS** (*below right*), supervisor of UPMC Altoona's Behavioral Health programs, sees a marked increase in patients who are experiencing the symptoms of seasonal affective disorder, or SAD. “It's a prime time of year for people in our region to be affected,” she says.

Awareness is the first step

“People often think SAD only happens to adults, but it can happen to anyone — from school-age children to seniors,” says Jacque. “SAD can affect your productivity at school or work, and impact your quality of life.”

Signs of SAD include:

- Oversleeping or having trouble staying awake
- Craving sweets and starchy carbohydrates
- Lack of motivation and a constant sense of fatigue
- Relationship problems and an increased desire to be alone

According to Mental Health America, women are four times more likely than men to experience SAD. Research also points to a possible genetic connection. Because SAD is linked to a lack of sunlight, geography plays a strong role, too: the farther north you live from the equator and the less exposure to the sun you get, the greater your risk. “The emotional stress of the holidays also can help trigger SAD,” adds Jacque.

What to do if you think you have SAD

To be officially diagnosed with SAD, you must experience symptoms for at least two consecutive years. Your symptoms must begin during a specific season and end — without any carryover — when the next season starts. “A medical diagnosis can help you take steps to minimize the occurrence of SAD each year,” says Jacque.

Five proactive steps you can take:

1. **Consider seeing a counselor** — Counseling services for SAD are often covered under employee assistance programs.
2. **Get up and move** — You don't need to run a marathon. Walking or other forms of moderate exercise can make a real difference.
3. **Get some sun** — Even opening the curtains and sitting by a window to get some natural light can be helpful.
4. **Watch your carbohydrate intake** and stay hydrated.
5. **Make an effort to socialize regularly** with friends and family members.

“The best approach is to do a combination of these things,” says Jacque. “Understanding SAD and getting treatment can make a real and positive difference in your life — now and in the future.”

Help for SAD can begin by seeing your family doctor or calling UPMC Altoona Behavioral Health at **814-889-2289**.





The New Doctors Are In

UPMC Altoona Family Physicians residency program brings a new generation of doctors to local practices.

When **Lance Joseph, DO** (*near left*), opted to practice family medicine in Altoona after completing his residency and a fellowship in palliative care medicine this summer, he was literally following in his father's footsteps.

A second-generation graduate of the UPMC Altoona Family Physicians residency program, he went to work in August at UPMC Altoona Mainline Medical Associates — the same practice where his father, **Mitchell Joseph, DO** (*far left*), has worked as a family doctor for more than three decades.

"I'm thrilled to be practicing in my hometown where there's a need for primary care doctors — especially with our area's older population," says the younger Dr. Joseph. "I feel I can make a difference here."

Of the new doctors who graduated from the program in June, five — including Dr. Lance Joseph — are now in family practice locally, and two are caring for patients in the hospital through UPMC Altoona's hospitalist practice. That's good news for the Blair County area, says **Don Beckstead, MD**, of UPMC Altoona, who has served as program director since 2006.

"It's crucial. Here and everywhere, there is a growing need for primary care doctors and hospitalists," says Dr. Beckstead. "We have an excellent program and we train them very well. They provide vital care to the community."

According to Dr. Beckstead, the residency program has been an important source of primary care doctors since it was founded in 1975. Of the more than 220 residents completing the program, 100 have remained in the region to practice medicine. They are valuable assets to an area with an aging population and a number of doctors on the verge of retirement.

Over the years, UPMC Altoona's growing reputation as a teaching hospital has enabled it to recruit top quality medical school graduates, he says. Because it is the only residency program at UPMC Altoona, residents see a wide variety of patients — from infants to aging adults — in both office and hospital settings. They also have the opportunity to "do more and see more," says Dr. Beckstead.

During the three-year program, residents complete rotations in internal medicine, obstetrics, gynecology, pediatrics, general and specialty surgery, dermatology, community medicine, geriatrics, rural medicine, emergency medicine, and orthopaedics, plus transitional care and elective rotations.

"Our residents are very busy, and they get to take care of everything. That's what sets us apart," says Dr. Beckstead. "We provide the training they need to be well-rounded family doctors."

To learn more about the UPMC Altoona Family Physicians residency program, visit altoonafp.org, or call Karen Brady at **814-889-2020**.

UPMC Altoona Family Physicians Residency Program

Class of 2017 graduates practicing in our region include:

Jessica DeStefano, DO
UPMC Altoona
Blair Medical Associates

Garrett Kirkpatrick, DO
UPMC Altoona
Keystone Family Medicine

Barbara Naimoli, DO
and **Sarah Reinhardt, DO**
Reinhardt Family Medicine

Lance Joseph, DO
UPMC Altoona
Mainline Medical Associates

David Moaddel, MD
and **Khadia Phillip, MD**
UPMC Altoona
Lexington
Hospitalist Practice



Dr. Don Beckstead (*left*) gives advice to one of the program's residents.



Need to see a doctor for a bad sore throat but can't take time off from work? Cut your finger while chopping vegetables and need a few stitches? Have a teenager who needs a sports physical for team tryouts?

You don't have to miss work, wait for an appointment, or spend time in the emergency department to get the care

you need. The new UPMC Primary Care Walk-in Center in Altoona offers convenient, express primary care six days a week.

"We're not a substitute for your family doctor or primary care physician (PCP) — but we are here to treat minor injuries and illness when you're unable to see your doctor," says **Andy Mulhollen, DO**, medical director of the UPMC Walk-in Center.

Professional and fast

Doug Slick, a New Enterprise resident, couldn't take it anymore. Something was wrong with his ear and it was affecting his hearing. But having recently changed jobs and insurance, he no longer had a primary care physician — or a lot of time for an appointment.

His wife, Brooke, called her own doctor's office, but they couldn't see him for several days. That's when they learned about the newly opened UPMC Walk-in Center at Station Medical Center. Fifteen minutes after checking in, Doug walked out with his hearing restored. The culprit: a wax deposit removed by a physician assistant.

"The center was spotless, and the staff were professional and fast. And he was able to hear again for the first time in weeks," says Brooke, who was so impressed she immediately posted information about the facility on Facebook. Three weeks later, her post had tallied more than 600 shares.

"I'm on social media all the time. I figured if I didn't know about the Walk-in Center, maybe no one else did," says Brooke. "We had such a fantastic experience that I felt obligated to share it. There's obviously a need for it in this area."

No appointment needed

At the UPMC Walk-in Center, located in Station Medical Center at 1414 9th Ave., Altoona, a physician assistant or nurse practitioner sees patients on a first-come, first-served basis. Patients age five and older are treated at the center, and no appointment is needed. Parking is free and plentiful.

Open weekdays and Saturday mornings, the center offers immediate care for a range of minor illnesses and injuries, including:

- Colds and flu
- Bronchitis, sinus pain, and sinus infections
- Sore throats, earaches
- Sprains and strains
- Cuts and scrapes
- Rashes and irritations
- Urinary tract infections
- Asthma and allergies

The center also provides sports, work, and school physicals.

"Patients should still see their family doctor for routine health care," says Dr. Mulhollen.

If a patient of a UPMC doctor visits the UPMC Walk-in Center, the diagnosis, treatment, and recommended follow-up care information is shared with his or her doctor through UPMC's electronic health record system. Patients who don't have a primary doctor are given a list of doctors who are accepting new patients. "Everyone should have a doctor who knows them and their health history," he adds.

Most health insurance plans are accepted. Unlike an urgent care facility, the UPMC Walk-in Center bills as a primary care visit so patients pay the basic co-pay.

For more information about the UPMC Walk-in Center, call **814-940-2950** or visit **UPMC.com/PrimaryCare**.



Quick, Convenient Care for Busy People

Need treatment for a minor injury or illness? UPMC Altoona's new Walk-in Center offers express care six days a week.

Also located in Bedford County at 420 Central Way, Bedford.

Bryan Hummel, PA-C,
(pictured at right above and on the cover),
treats a young patient at the UPMC Walk-in Center.

THE GUIDE

Emergency Department, PCP, or Walk-in Center?

If you have an injury or illness that requires medical attention, do you know where to go? Sometimes, it's tough to decide what to do next. Here's what you need to know:

WALK-IN CENTER

Usually staffed by physician assistants or nurse practitioners, walk-in centers offer care for minor problems that need treatment but aren't true emergencies. A walk-in center is fine for:

- Colds, flu, strep throat, ear infections, and conjunctivitis
- Urinary tract infections
- Minor cuts, scrapes, and sprains
- Rashes and bug bites
- Sports and school physicals



EMERGENCY DEPARTMENT (ED)

A hospital ED is the place to go when you have a life-threatening condition, trauma, or sudden, severe symptoms. Head there immediately for:

- Chest pain, tightness, or discomfort
- Stroke symptoms, including numbness or weakness in the face, arm, or leg; trouble speaking or understanding; trouble seeing or blurred vision; difficulty walking; dizziness; or loss of balance
- Wheezing or shortness of breath
- Sudden severe abdominal pain, nausea, and/or vomiting
- Sudden and severe headache
- A high fever (103 degrees or higher), or a fever accompanied by rash, nausea, or stiff neck
- Serious burns or cuts
- Broken bones
- Head or eye injuries

If you're too sick or hurt, or too upset about a loved one's illness or injury to drive safely, call 911. An ambulance is the safest way to get to the ED.

DID YOU KNOW?

The UPMC Primary Care Walk-in Center in Altoona accepts most major insurance plans. And, because it is a primary care facility, in-network patients pay the same co-pay they would pay at their doctor's office. **The UPMC Walk-in Center, located in Station Medical Center at 1414 9th Ave., Altoona, is open weekdays from 10 a.m. to 6 p.m. and Saturdays from 8 a.m. to noon.**



PRIMARY CARE PHYSICIAN (PCP)

Your PCP, or family doctor, is the "quarterback" of your overall health and wellness, says Dr. Andy Mulhollen. "Ideally, you want to establish a relationship with a doctor who knows you and can detect changes in your health," he says. Your PCP is best for:

- Chronic conditions, like high blood pressure and diabetes
- A health issue that keeps coming back, like a urinary tract or sinus infection
- A condition that gets worse or does not respond to a doctor's prescribed treatment
- Annual checkups, including routine tests and referrals for preventive procedures, such as a mammogram or colonoscopy

"Call your doctor's office first if you're sick with an acute illness like a cough, sore throat, or ear infection," says Dr. Mulhollen. If they can't see you quickly, you may be encouraged to go to a walk-in center.



VIRTUAL VISITS

Patients with colds, coughs, allergies, and other non-emergency symptoms now have the option of quick, 24/7 online access to a health care provider through UPMC AnywhereCare. Using a computer or mobile device, they can connect face-to-face with a provider for a diagnosis. If needed, prescriptions can be sent directly to your pharmacy.

Expert Urology Care... Close to Home

When a cancer diagnosis upended Pat Miller's life, he found the latest in urologic oncology surgery at UPMC Altoona.



Dr. Robert Turner

Dr. Debby Chuang



Prostate cancer. When he heard the official diagnosis in January 2017, it wasn't a complete surprise to 64-year-old Pat (*near left*), executive vice president of the Altoona-Blair County Development Corp. His father died five years after being treated for prostate cancer.

Knowing Pat's family history, **Anthony Bartkowiak Jr., MD**, his family doctor at UPMC Altoona Blair Medical Associates, began ordering regular PSA (prostate specific antigen) tests when Pat turned 60. "When

my PSA numbers jumped significantly, Dr. Bartkowiak referred me immediately to **Debby Chuang, MD**, a board-certified urologist with UPMC Altoona Blair Medical Associates," says Pat.

After the biopsy revealed an aggressive form of cancer, Pat and Dr. Chuang talked about his treatment options. "Based on my desire to live 'til I'm 150, we agreed that surgery was the best choice for me," Pat says with a chuckle.

The value of conveniently located expertise

Robotic surgery is used more and more often as a minimally invasive option for prostate cancer treatment. "When I joined UPMC in 2015, the hospital already had the da Vinci® robotic technology, but it wasn't being used for urologic surgeries such as prostate cancer cases," says Dr. Chuang. "Patients often asked me if this technology was available locally. They preferred to avoid traveling to Pittsburgh for surgery and follow-up care, and I wanted to support that goal."

In **Robert M. Turner, MD**, of UPMC Urology in Pittsburgh, she found a strong advocate for her plan. A leading urologic oncology surgeon, Dr. Turner specializes in using robotic surgical techniques to treat a variety of urology conditions, including prostate cancer. "I was eager to help

Dr. Chuang launch the robotic program at UPMC Altoona," says Dr. Turner. "Over the past two years, she's become a trusted colleague. We talk often to share opinions or consult on cases."

An ongoing collaboration

Today, the majority of urologic oncology surgeries for local patients, even complex cases, are performed at UPMC Altoona. Two or three days each month, Dr. Turner is with Dr. Chuang in the operating room — including the day of Pat's surgery in March 2017. "There's a great deal of collaboration between us and our colleagues at UPMC in Pittsburgh. Our patients benefit from our combined expertise and experience," explains Dr. Chuang.

For Pat, who lives about a mile from the hospital, having high-quality care close to home also was important as he recovered. "I could stop on my way to work for follow-up appointments with Dr. Chuang," says Pat.

"Dr. Chuang and the hospital staff took very good care of me," he adds. "As an economic development professional, I know that UPMC's ongoing investment in this hospital and in this community is critical in bringing new businesses and families into our region."

Meet Dr. Debby Chuang

Dr. Chuang provides a range of urologic services for adults and children. She completed her residency in urology at Case Western Reserve University/University Hospitals of Cleveland, where she also received her medical degree. To schedule an appointment with Dr. Chuang, call 814-946-1655.

News from the UPMC ALTOONA FOUNDATION

Foundation Matches Employee Giving to Hurricane Victims

UPMC Altoona employees donated \$4,000 to help the victims of hurricanes Harvey, Irma, and Maria. “The UPMC Altoona Foundation was pleased to match the generosity of our employees, bringing the total to \$8,000 in hurricane relief,” says Tim Balconi, Foundation president.

Magee-Womens Specialty Center

The UPMC Altoona Foundation recognized all donors to the Magee-Womens Specialty Center at a dedication ceremony on Oct. 2. Karen Pfeffer, campaign chair and a UPMC Altoona board member, thanked those who helped raise \$725,000 in support of comprehensive breast health services. “The center represents the fulfillment of a vision for a local breast health facility to provide compassionate state-of-the-art care to the women of our community,” says Karen.

“This center offers the same quality of breast health care as Magee-Womens Hospital of UPMC in Pittsburgh,” says Jerry Murray, president of UPMC Altoona and UPMC Bedford Memorial. “UPMC Altoona has dramatically stepped up the fight against breast cancer in our region through improved access to care, as evidenced by the over 30 percent increase in the number of patients receiving screening mammograms annually,” adds Michael Corso, vice president of operations at UPMC Altoona.

The new center is located at Station Medical Center.



Cancer Survivors Appreciation Picnic

UPMC Altoona and its Foundation, along with UPMC Hillman Cancer Center and the UPMC Health Plan, sponsored the third annual Cancer Survivors Appreciation Picnic at DelGrosso Park on Sept. 16. Nearly 1,400 cancer survivors and their families enjoyed the complimentary picnic lunch and bingo games. “This picnic has become a signature event for cancer survivors and their families to enjoy the fellowship of other survivors and their families,” says Ron McConnell, vice president and chief operating officer at UPMC Altoona. “We are grateful to the many cancer survivors and their families who join us each year.”



Breast Cancer Awareness Month



The UPMC Altoona Foundation was pleased to match the fundraising efforts of Grant Hormell, MD, vice president, medical affairs, UPMC Altoona, during Breast Cancer Awareness month in October. Through Dr. Hormell’s creative and tireless efforts and the Foundation’s generous match, a total of \$13,000 was raised. “On behalf of those stricken with breast cancer, I want to thank all the generous people who made the Dr. Pink Campaign a success,” says Dr. Hormell, aka “Dr. Pink.”



More than a century of bringing babies into the world

Birthing Center to Get a Facelift

The Hospital Auxiliary of UPMC Altoona has pledged \$50,000 toward the campaign to renovate and refurbish the hospital’s birthing center. “We are very pleased to pledge our support to this important center,” says Peggy Cawthern, Auxiliary president. “This pledge gives us a big boost toward our goal of raising \$500,000,” adds Gail Irwin, campaign chair.

“The nearly 1,000 infants born here each year will benefit from the new medical equipment and family-friendly furniture

that are part of the project,” says Patricia Hoyne, MD, of UPMC Altoona Obstetrics and Gynecology Associates. “We want to recognize the work of Dr. Hoyne, one of the physician leaders of the campaign, and also Dr. Rakesh Chopra, who is a campaign physician champion,” says Tim Balconi, president of the UPMC Altoona Foundation. To make a donation to the campaign, please contact Tim at **814-889-6744** or balconitj@upmc.edu.



Don’t miss this chance to get your Winter Splendor tickets. Call Michelle Dodson at **814-889-6740**, or register online at UPMCAltoonaFoundation.org/events.

UPMC Altoona

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Q & A

Ask the Expert

Advancements in Medical Oncology and Hematology

UPMC Altoona's medical oncology and hematology programs are now affiliated with UPMC Hillman Cancer Center, one of the leading cancer networks in the nation. **Hasan Bit-Shawish, MD** (right), a UPMC Altoona medical oncologist who also is board-certified in hematology and internal medicine, offers insights into these important specialties and recent changes at UPMC Altoona.

Q.

What is a medical oncologist?

A. A medical oncologist is a doctor specially trained to treat cancer with medicines such as chemotherapy. Because cancer is such a complex disease, it has to be managed by a team of specialists. Here at UPMC Altoona, the team can include either myself or another of our medical oncologists, as well as a radiation oncologist, surgeon, nutritionist, speech therapist, oncology nurse, and others. The medical oncologist often coordinates the team.

Q.

Do medical oncologists also treat hematology patients?

A. Yes. In fact, nearly half of the patients we treat have benign (non-cancerous) blood disorders. Of our five medical oncology doctors

at UPMC Altoona, three are board-certified and trained to treat non-cancerous blood diseases such as anemia, clotting disorders, low white blood count, bleeding, and thrombosis.

Q.

UPMC Altoona's medical oncology and hematology services moved recently to a new location. Can you tell us more about the new facility?

A. The new facility on the campus of UPMC Altoona gives us nearly twice as much space. It features 28 state-of-the-art infusion stations with comfortable seating and individual television screens for patients and their families, and two private exam rooms. Because the doctors' offices and lab services are on-site, patients get all their care under one roof. It's a very welcoming place and has convenient parking right outside the front door.

Q.

Why was the name changed to UPMC Hillman Cancer Center at UPMC Altoona?

A. Previously known as Hillman Cancer Center, this flagship facility for cancer care throughout the UPMC system was established through the generous contributions of Pittsburgh philanthropists the late Henry and Elsie Hillman. The Hillman name has long stood for excellence in cancer care, and that standard is now reflected in the name of every UPMC cancer center.

Q.

How does that relationship impact people in our community?

A. As part of the UPMC Hillman Cancer Center network, we have access to the same treatment protocols as our colleagues in Pittsburgh. That means our patients will benefit from the latest advances in cancer prevention, detection, diagnosis, and treatment — and soon they'll have the opportunity to participate in groundbreaking clinical trials without having to leave our community.

MEET OUR ONCOLOGISTS & HEMATOLOGISTS



Hasan Bit-Shawish, MD
A medical oncologist, Dr. Bit-Shawish is board-certified in hematology, internal medicine, and medical oncology. He received his medical degree from the Medical School of Zaragoza in Spain, and also completed a residency at St. Louis University School of Medicine in Missouri and a hematology/oncology fellowship at the Medical College of Wisconsin in Milwaukee.



Shabbir Ahmad, MD
Medical Training: Nishtar Medical College, Multan, Pakistan

Certification: Board-certified in hematology and medical oncology



Mohammad Alkayem, MD
Medical Training: University of Damascus, Syria

Certification: Board-certified in internal medicine; board-eligible in medical oncology



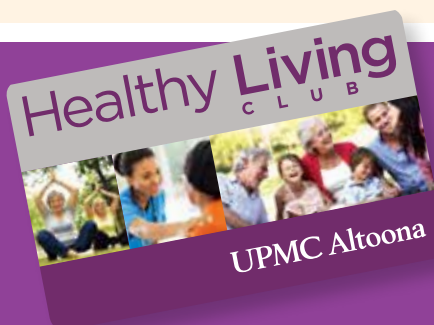
Mark Keating, MD
Medical Training: University of Pennsylvania School of Medicine, Philadelphia

Certification: Board-certified in hematology and medical oncology



Louann Zhang, MD
Medical Training: University of Oklahoma College of Medicine, Oklahoma City

Certification: Board-certified in internal medicine and medical oncology; board-eligible in hematology



UPMC Altoona's *Healthy Living Magazine* is published four times a year. If you are not receiving the magazine by mail and would like to be added to our mailing list, join our Healthy Living Club. It's FREE, and the magazine is just one of many benefits!

Join online at UPMCAaltoona.org or call 814-889-2630 or 1-888-313-4665.

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