

Health Happenings  
see pages 10 and 11

SAINT  
VINCENT

# Vitals

Spring 2008 | [www.saintvincenthealth.com](http://www.saintvincenthealth.com)

Information and Resources for Health and Wellness



*Is Your Body  
Ready for Spring?*

- Q&A with Mark Marbey, M.D.
- Put Cancer Screenings on Your Calendar
- Get Back into Shape this Season

## Community Events

### High Expectations: An Event for Expectant Mothers

Expecting? Join us for a mini-manicure, a mini-massage, a pregnancy portrait, lots of information about pregnancy and delivery, and a chance to talk with pediatricians.

**When:** Thursday, April 24, from 6:30 to 8:30 p.m.

**Where:** Saint Vincent Women's Center, 311 West 24 Street, Erie

**Cost:** FREE; open to expectant moms  
To register, call **814/866-4817**.

### Saint Vincent Cardiac Support Group

See page 3 for details!

**When:** Thursdays, May 1 and August 7, noon

**Where:** McGarvey Learning Center

**Cost:** FREE

To register, call **814/452-7273**.

### Saint Vincent Support Group for Breast Cancer Survivors

Saint Vincent has launched a quarterly breast cancer support group for survivors. The group's Happy, Healthy Hour features food and refreshments, giveaways, speakers on various topics and, most importantly, networking and support from health experts and other survivors. It is open to survivors and their family and friends.

**When:** "Lymphedema" on Wednesday, May 7, 5:30 p.m.; "Reconstruction" on Wednesday, August 27, 5:30 p.m.

**Where:** The Saint Vincent Women's Center, 311 West 24 Street, Erie

**Cost:** FREE

To register, call **814/866-4817**.

### The Saint Vincent Mission

Inspired by the Sisters of Saint Joseph of Northwestern Pennsylvania, Saint Vincent Health System is a community of caregivers dedicated to bringing God's healing love to all and committed to compassion and excellence in the delivery of a continuum of holistic care.

# From Our CEO

At Saint Vincent, the pursuit to provide the highest levels of quality in the health care we provide has been a vital part of our commitment to our patients. It is this commitment that has enabled us to attain national recognition for health care quality. Late last year, we had the opportunity to share our methods for achieving top quality with other hospitals from around the nation.

Saint Vincent was honored to be selected by the Premier Inc. health care alliance to host a one-day open house to demonstrate how it earned top rankings in the country in a national quality project hosted by Premier and Centers for Medicare and Medicaid Services (CMS). Representatives from more than 30 hospitals throughout the country traveled to Erie to attend the event to learn how Saint Vincent attains and sustains a level of performance that has placed it among the elite top-performing hospitals in the nation. Hospitals from north-west Pennsylvania, Ohio, New York, Virginia and as far away as Texas attended.

The Premier project, which included more than 260 hospitals, raised overall quality nationwide by 11.8 percent in two years. In the first and second years, Saint Vincent ranked among the top hospitals nationwide for clinical quality excellence in the areas of pneumonia, coronary artery bypass graft, acute myocardial infarction, heart failure and hip and knee replacement. Now



in the third year, our projections indicate top performance in all five clinical areas.

What does this mean to you? A great deal, when you consider that any hospital procedure is the beginning of a recovery process, not the end. Hospitals with high performance are providing the level of care proven to enhance the ultimate recovery for their patients.

At Saint Vincent, the primary focus is and always has been pro-

viding the best possible care to our patients. That was the mandate set forth by the Sisters of Saint Joseph when Saint Vincent was founded more than 132 years ago, and it is the reason Saint Vincent has been able to consistently perform among the top hospitals in the country.

While we are proud of being selected by Premier for this opportunity, our greatest source of pride is in knowing that our caregivers continue to attain higher and higher levels of quality that put Saint Vincent above all others regionally and among the very best in the nation. We recommit ourselves to quality, caring and advanced technology every day, with every patient who enters our doors.

Sincerely,

C. Angela Bontempo, MHA/MBA, FACHE  
President and CEO

## ON THE COVER

The intricate and beautiful dragonfly photograph on the cover titled, "Incredible Darner," was created by Erie-area artist Robert K. Grubbs. Grubbs is an award-winning nature photographer, naturalist, lecturer and exhibitor. He has earned awards for his photography in the United States, Canada and from the Nikon Corporation in Japan. His work has been published in books, catalogs, calendars and greeting cards. He also has published his own book titled, *Presque Isle, Naturally*.





**Mark Marbey, M.D., medical director of cardiovascular surgery at Saint Vincent**

**M**ark Marbey, M.D., medical director of cardiovascular surgery at Saint Vincent, recently sat down with *Vitals* to discuss quality in heart surgery and other topics related to the heart. Dr. Marbey, who has more than 30 years experience in cardiovascular surgery, recently joined the Saint Vincent medical staff. He is in practice with Saint Vincent Cardiovascular Surgery located at 2315 Myrtle St., Suite 160. If you'd like to make an appointment with Dr. Marbey, call **814/456-9197**.

## Q&A

### with Saint Vincent Heart Surgeon Mark Marbey, M.D.

**Q: Experts say the more experience a doctor has in heart surgery, the better the outcome for the patient. Why is this?**

**A:** Every patient is different and every heart surgery is different. The more experience you bring to bear in any given surgical situation, the more likely you are to have a successful outcome. The more time you've spent looking at surgical challenges from numerous perspectives and the more experience you've had in figuring out solutions to unusual problems, the better equipped you are with a solution when you encounter anything out of the ordinary. You are able to recognize it sooner and know how to handle it better based on previous related experiences.

**Q: How many procedures have you performed?**

**A:** A lot. I've performed about 3,500 surgeries.

**Q: What is the range of procedures you and the other cardiovascular surgeons at Saint Vincent perform?**

**A:** The cardiac surgery team at Saint Vincent can address every procedure you can perform on a heart or an aorta with the exception of transplantation. Some are very complex, some are quite rare and some are very common. We treat a very broad range of cardiac problems requiring surgery.

**Q: You're new to Saint Vincent. What is your impression of The Saint Vincent Heart Center?**

**A:** We have excellent cardiology and cardiac surgical teams, extensive experience, and we all work well together. There is a great nursing team. Hospital leadership is solidly behind the cardiac program. You couldn't design a better set of circumstances.

**Q: What advice would you give to the public about caring for their heart health?**

**A:** Well, the obvious advice would be to eat sensibly, exercise, quit smoking and take care of any medical conditions you have by following your doctor's instructions. If that advice keeps you from having heart problems or surgery, that's great. If you *do* end up with cardiac problems, at least you'll know you've done your best to take care of yourself. Also, pay attention to your body. There are almost always warning signs that something may not be right. Cardiac problems don't just go away if you ignore them. ♦

At Saint Vincent, we know experience leads to better outcomes. For more about our focus on quality outcomes, visit [www.saintvincenthealth.com/quality](http://www.saintvincenthealth.com/quality).

## Cardiac Support Group Going Strong

Saint Vincent continues its popular Cardiac Support Group with meetings this spring and summer. Consider joining this very upbeat group of people who have experienced heart disease and gain insight and camaraderie from this gathering that celebrates surviving and thriving. Each meeting includes a presentation by a Saint Vincent physician on a heart-related topic. Lunch is provided. Spouses and significant others are invited to attend as well, and it's **FREE!** All meetings are held in the Saint Vincent McGarvey Learning Center.

Mark your calendar for upcoming support group dates: Thursdays, May 1 and August 7, noon

Call **814/452-7273** to register.



Support group regular, Dave Piotrowicz

CLIP & SAVE!

# Put Cancer Screenings on Your Calendar

Cancer screenings provide doctors a better opportunity to detect cancer in the early stages—when the disease is most treatable. Saint Vincent cares about your health and is pleased to offer this chart, which provides screening guidelines from the American Cancer Society (ACS). Women and men at high risk for these diseases may need earlier or more frequent screenings. WANT MORE INFORMATION ABOUT SCREENINGS? CALL SAINT VINCENT ASK-A-NURSE AT 814/452-5500.



Type of Cancer	Who Needs Regular Screenings?	ACS Recommendation
Breast	All women	<ul style="list-style-type: none"> <li>Beginning in their 20s, women should be told about the benefits and limitations of a breast self-exam (BSE). It is acceptable for women to choose not to practice BSE or to do so occasionally.</li> <li>A clinical breast exam every three years for women in their 20s and 30s</li> <li>Annual mammograms and physician breast exams for women ages 40 and older</li> </ul>
Cervical	All women who have been sexually active for about three years or are age 21 and older	<ul style="list-style-type: none"> <li>Annual Pap smears. At or after age 30, women who have had three normal tests in a row may get screened every two to three years.</li> </ul>
Colorectal	All adults age 50 and older	<ul style="list-style-type: none"> <li>Fecal occult blood test every year</li> <li>Flexible sigmoidoscopy every five years</li> <li>Double-contrast barium enema every five years</li> <li>Colonoscopy every 10 years</li> </ul>
Prostate	Men age 50 and older	<p>Men should talk to their doctor about the value of two tests:</p> <ul style="list-style-type: none"> <li>Digital rectal exams</li> <li>Prostate-specific antigen blood tests</li> </ul>
Skin	All adults age 20 and older	<ul style="list-style-type: none"> <li>Skin self-exam once a month</li> <li>Physician skin exam every three years until age 39, and once a year beginning at age 40</li> </ul>

## Are You Having a Stroke?

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden, severe headache with no known cause

## Know the Signs of a Heart Attack

- Chest pain or pressure
- Shortness of breath
- Increased or irregular heart rate
- Pain in the shoulders, neck, arms, upper abdomen or jaw
- Light-headedness or fainting
- Paleness and nausea
- Cold, sweaty skin

**!** If you experience any of these symptoms, call 911 and insist on The Saint Vincent Emergency Department, Erie's most preferred, where a team of doctors and nurses stand ready with lifesaving medical care 24/7.

# Baby Blues or Postpartum Depression?

**H**aving a baby can be a joyous time in a woman's life. However, some mothers feel sad or overwhelmed and may experience crying spells and mood swings after the birth of their baby. If feelings of sadness last longer than a week after your baby is born, you might be among the 9 to 16 percent of women who experience postpartum depression. This issue does not go away on its own and tends to get worse without proper treatment.

Following is a list of the most common symptoms:

- Feeling hopeless, sad, guilty, irritable, lonely or anxious
- Sleeping or eating too much or too little
- Low energy and withdrawal from others
- Unexplained weight gain or weight loss
- Unable to "get going" or feeling like everything is an effort
- Difficulty focusing or recalling things

- Thoughts of hurting yourself or your baby

"Psychological treatment and antidepressants are often used in combination to help new moms with postpartum depression," says Saint Vincent psychologist Gay Lipchik, Ph.D. "Psychological treatment alone may be used for those who are breastfeeding, if the symptoms are not severe."

If you are thinking of hurting your baby, yourself or others, or if you are having trouble taking care of yourself or your baby, get immediate help. If you suspect you might be experiencing postpartum depression, call your doctor. If you are interested in talking to a psychologist, call Gay Lipchik, Ph.D., of Saint Vincent Health Psychology Services at **814/454-4885**. ♦



Go to [www.saintvincenthealth.com/womenshealth/ppdepression.htm](http://www.saintvincenthealth.com/womenshealth/ppdepression.htm) for more information, and watch for classes on this important topic coming to Saint Vincent this summer.



## Getting Your Body Ready for Baby

**A Q&A with Saint Vincent obstetrician Timothy Schaefer, M.D.**

**Q: How should a woman prepare her body for pregnancy?**

**A:** By maximizing her own health. She benefits from proper rest, exercise and healthy nutrition. Weight management, blood pressure control and careful diabetes management are also necessary for those experiencing these medical issues. Being up-to-date with immunizations is important. Taking folic acid before conceiving is a good strategy as well. Education is perhaps the most important preparation tool.

**Q: Is there ever a bad time to consider pregnancy?**

**A:** Outside of health conditions such as poorly controlled diabetes, high blood pressure or morbid obesity, there is no bad time to have a baby. Health, career, family, education and age are the factors that seem to influence the decisions most women make when planning a pregnancy.

**Q: How old is "too old" to have a baby?**

**A:** Making this decision differs with every woman. It is important to be knowledgeable. As we age, our chance of having an infant with chromosomal problems increases. For example, the risk of having an infant with Down's syndrome increases from 1 in 1,000 when a woman is 20 to 1 in 75 when she's 40. Rates of maternal hypertension and diabetes as well as miscarriage rise. For many, accepting these risks is trivial compared with the joy of having a child. I support the wishes of a well-informed patient. ♦

Timothy Schaefer, M.D., is accepting new patients at Erie OB/GYN, 145 West 23 Street, Suite 202. He can be reached at **814/452-7990**.

## Special Delivery: New NICU and Mother/Baby Unit Expansion Coming!

**B**eautiful beginnings. In 2006 and 2007, more new parents chose Saint Vincent for their deliveries than any other hospital in the region. And those beginnings for babies (and new parents) at Saint Vincent are about to become even more beautiful. Construction began recently on a multiphase building project that will create a new neonatal intensive care unit (NICU) for premature and sick infants and expand the Mother/Baby unit.

Saint Vincent's NICU, already most preferred in the region by physicians and parents, will be a state-of-the-art facility built in a space three times larger than its current space, featuring a modern pod design to offer families more privacy. In addition, the 18-bed unit will feature advanced technologies, including central monitoring, as well as a family lounge.

Saint Vincent's Center for Neonatal Intensive Care, a Level III unit, is the region's busiest, and the only one with two dedicated, caring neonatologists on staff.

Construction will begin in the summer of 2008 on the addition of mother/baby rooms. Two of the new rooms will be "Celebration Suites," featuring full-sized beds and a beautiful homelike atmosphere for our new families. Watch for more details about this exciting construction project!

Both projects are set to be completed in late 2008 or early 2009. ♦

### BABY BOOM!

Saint Vincent Maternal/Child Health celebrated a record number of babies again in 2007, delivering 2,308 babies ... 182 more than its record-breaking 2006 year high. That's more than any other hospital in the area.



## Area Breast Cancer Survivors to Benefit from Komen Grant

**W**omen coping with breast cancer will benefit from a \$75,670 grant from the Pittsburgh Affiliate of Susan G. Komen for the Cure, which was awarded to Saint Vincent Health Center. The grant funds:

- Restorative health services
- Pink Ribbon community education programs (see box below)
- A breast cancer support group (see Community Events on page 2)
- Camisoles and lymphedema products, particularly for those who cannot afford them

The program's restorative health component, through the Saint Vincent Center for Sports and Restorative Medicine in Erie's Yorktown Centre, is designed to return patients to full

health by treating both physical and emotional needs and restoring their quality of life.

Saint Vincent is the region's leader in reaching out with caring to the women of the community who are touched by breast cancer. It is the first provider in the region to introduce streamlined diagnostics so that women needing results, biopsy or surgery do not have to wait more than a few days or a week for them. And the first to digitize mammograms and offer online scheduling for mammography. ♦

Those interested in learning more about the program can contact Breast Health Nurse Navigator, Linda Brennan, R.N., at 814/452-7728.

### Go Pink at the Beach ...

...and when we say "pink" we don't mean sunburn! Smear on some sunscreen and plan to attend our Pink Ribbon Educational Event for breast cancer survivors, family and friends on Thursday, July 17 at 6 p.m. at the picnic pavilion at beautiful Beach 7 on Presque Isle State Park. The event will feature the music of Valerie Horton Project, as well as hors d'oeuvres and a talk titled, "Survivorship; I've Got a New Attitude!" Cost is \$6. Call 814/866-4817 to RSVP.

# Spring Back into Shape This Season

**B**een awhile since you laced up your sneakers or hit the gym? Don't worry—it's never too late to get back into the exercise groove.

## Starting Up Safely

Before you launch into a workout program, talk to your doctor if you have heart trouble, high blood pressure, arthritis or other chronic medical problems. The same is true if you are older and haven't exercised for a while.

If you're good to go, start out by picking an activity that fits you. For example, if you like to be around other people, choose a group activity or class. Also, know your body. If you have sore joints, consider a low-impact activity such as swimming. To reduce your risk for injury, start out slowly and move at your own pace.

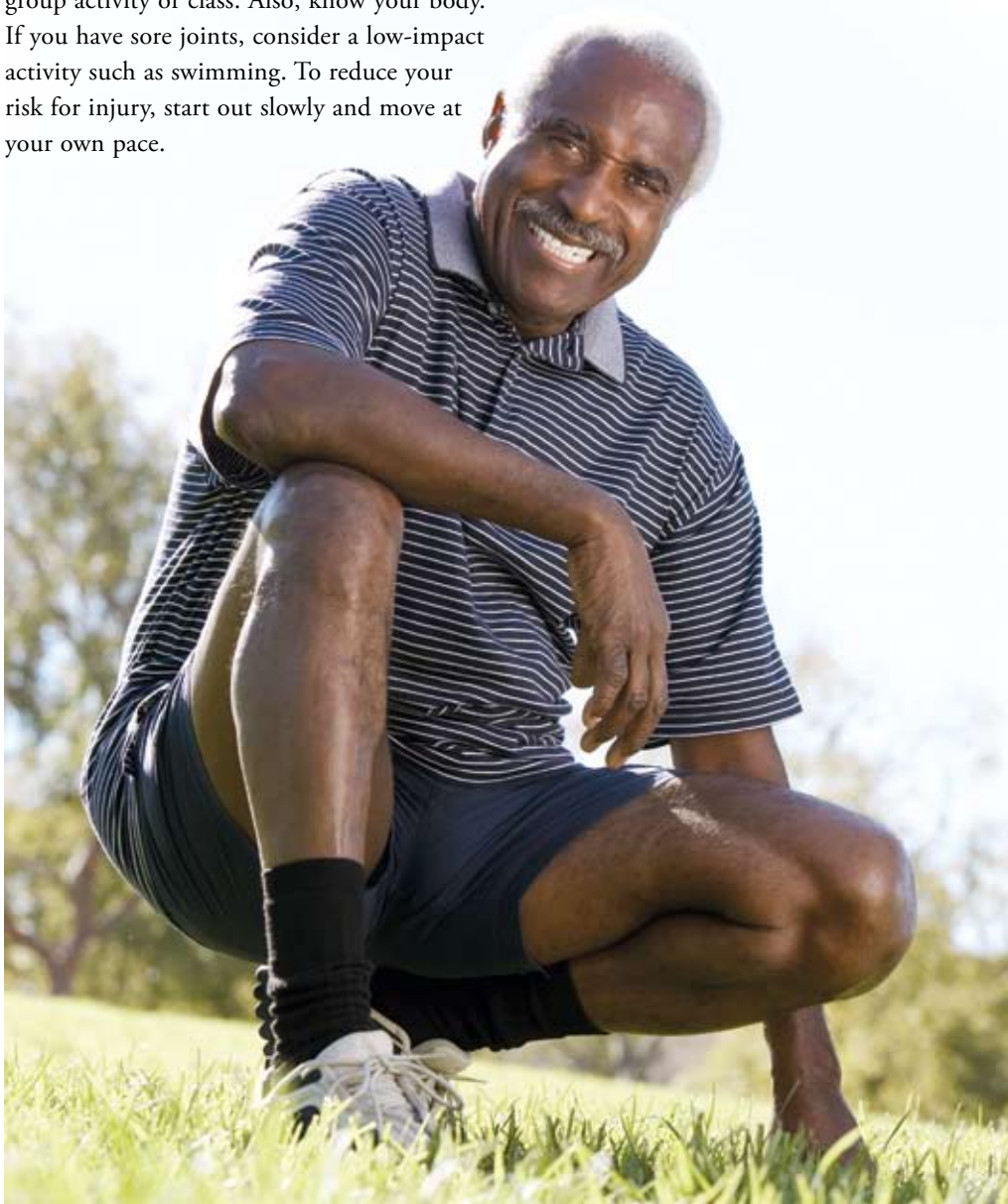
## Sticking with It

If you have trouble staying motivated, consider these tips:

- Vary your activities so you don't get bored.
- Set realistic goals to help you stay committed.
- Don't be too hard on yourself if you lapse. Just start it up again. ♦

## Ready to get back on track?

Check out page 10 for our schedule of exercise classes or call 814/835-2035 to schedule an appointment with a sports medicine physician to develop a program that's right for you.



## Beat Seasonal Allergies

It's that time of year again. You're sneezing. You have a runny nose. Your eyes, nose and throat itch. You could be struggling with the symptoms of seasonal allergies.

In people with seasonal allergies, the body perceives certain pollens and molds as enemies. Researchers have not yet discovered a cure for allergies. But various strategies can provide relief. Many prescription and nonprescription medications often can control the symptoms. Your doctor may suggest allergy shots if your symptoms last for several months of the year.

In addition to medications, there are many ways you can minimize the effects that pollen and mold have on your body:

- Pollen counts are highest between 5 and 10 a.m. So try to avoid spending time outdoors during this time of the day.
- Use air conditioning, an air filter or a dehumidifier, which can help keep molds and pollen out of the house or car.
- Dry clothes and sheets in a dryer, rather than hanging them outside where they can collect pollen and mold.
- If possible, have someone else perform the lawn mowing and leaf raking regularly. But if you must do these chores, wear a face mask to filter out pollen and mold.
- After being outdoors, wash your hair and change clothes to avoid further exposure to pollen and mold.

## Need an allergist?

Call Saint Vincent Ask-A-Nurse at 814/452-5500.

# Saint Vincent Health System Earns Top Ranking on “Best Places to Work in PA” List



**Saint Vincent Associate, Mary Lynne Lewis, R.N.**

best health care employer in Pennsylvania, which is quite an honor as well.”

Created by the Pennsylvania Department of Community and Economic Development, Team Pennsylvania Foundation, Central Penn Business Journal, Best Companies Group and the Pennsylvania Chamber of Business and Industry, the award program identifies and honors the best employers in Pennsylvania, benefiting the state’s economy, its workforce and its businesses. The Best Places to Work in PA program is made up of 100 companies split into two groups: 50 medium-sized companies (25–250 employees) and 50 large-sized companies (250+ employees). Saint Vincent Health System ranks No. 5 in the large-sized category. Only three Erie organizations received Best Places in PA awards in 2007.

“At Saint Vincent, knowing how to treat patients begins with knowing how to treat each other,” says Bontempo. “We extend our mission to both our patients and one another. This creates an environment that is built on respect, teamwork and compassion.” ♦

One of the “Best Places to Work in PA” just keeps getting better. Saint Vincent Health System recently earned Best Places to Work in PA honors for the third year in a row and improved its rank from No. 12 to No. 5.

“We are extremely proud of our rank among the top five employers in the state,” says C. Angela Bontempo, Saint Vincent Health System president and CEO. “We were named the second

## Interested in working for Saint Vincent?

Log on to our Career Center at [www.saintvincenthealth.com/careers](http://www.saintvincenthealth.com/careers) or contact a recruiter at 814/452-5248.

## Saint Vincent Stroke Program Recognized with Multiple Honors



Saint Vincent Health Center earned the Gold Seal of Approval™ from The Joint Commission for Primary Stroke Centers, strengthening its position as the region’s premier choice for stroke care. The use of advanced technology and implementation of proven national treatment guidelines resulted in significantly improved outcomes for Saint Vincent stroke patients, which earned the stroke program this special recognition. Saint Vincent is one of just 18 hospitals in Pennsylvania to achieve this milestone.

Saint Vincent’s stroke program also was honored for its excellence in improving quality of patient care by earning

the American Heart and American Stroke Association’s Get with the Guidelines<sup>SM</sup>-Stroke Bronze Performance Achievement Award. This award recognizes our continuing commitment and success in implementing high quality stroke care by ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations.

The Saint Vincent Stroke Center features the nation’s latest 3-D imaging technology, along with a 24/7 stroke alert team providing advanced treatment that not only can stop a stroke in its tracks, but can reverse the effects of some strokes. In fact, the stroke alert team recently celebrated its one-year anniversary. This caring team answered more than 150 stroke alerts in the emergency department in its first year and had a major impact on The Joint Commission Primary Stroke Center certification.

To learn more about our 24/7 stroke care, visit [www.saintvincenthealth.com/neurosciences](http://www.saintvincenthealth.com/neurosciences).



## PAIN IN THE HIP, KNEE OR SHOULDER? HEAR WHAT A SURGEON HAS TO SAY

Saint Vincent's **FREE** joint pain seminars now feature a physician from Orthopaedic Surgeons, Inc. An orthopedic surgeon will be available at every seminar to answer any questions you may have about hip, knee and shoulder surgery and joint replacement. Attend one of these seminars to learn more about the causes and latest treatments for joint pain, and schedule a consultation with a physician on the spot!

All seminars take place in Saint Vincent's McGarvey Learning Center. To register for one of the following seminars or for more information, call **814/866-4819**.

### ENJOY LIFE WITHOUT HIP AND KNEE PAIN

Tuesdays, May 13 or July 8, 10 a.m.  
Tuesday, September 9, 1 p.m.  
Wednesday, November 5, 10 a.m.

### SHOULDER PAIN?

Tuesdays, April 8, June 10 or August 5, 10 a.m.

## A Shot in the Arm ... Shoulder ... Back

### *New Therapy Helps Body Regenerate Ligaments, Tendons*

**T**hose suffering from ligament and tendon injuries can find relief in an advanced new treatment being offered through the Saint Vincent Center for Sports and Restorative Medicine.

Regenerative injection therapy, better known as prolotherapy, is a series of injections that help stimulate the body's natural process to strengthen chronically damaged ligaments and tendons. This nonsurgical process is generally done when the body has not healed properly a few months or more after an injury.

The injections, an effective alternative to surgery, help the body build new collagen at the damaged site and make a stronger ligament or tendon. Side effects include redness, warmth, swelling and some discomfort—all signs of the natural healing process. In most cases, pain from the injury begins to subside after a few treatments. ♦

For more information on prolotherapy,  
call Saint Vincent Center for Sports and Restorative Medicine at **814/835-2035**.



# Health Happenings

Unless otherwise noted, classes are held in the Community Fitness Room of the Medical Office Building at 2315 Myrtle Street in Erie. Registration is required for most classes. Call **814/866-4817** to register, unless another number is specified.

## Yoga with Julia Hamilton

**When:** Saturdays, April 5 to 26; May 3 to 24; June 7 to 28; July 12, to August 2; September 6 to 27; 9:30 to 11 a.m.

**Cost:** \$30 for four-session series

## Beginner YogaFit with Marcia Freitas

**When:** Thursdays, April 3 to 24; May 8 to 29; June 5 to 26; September 4 to 25; 11:45 a.m. to 12:15 p.m. OR Wednesdays, April 9 to 30; May 7 to 28; June 4 to 25; September 3 to 24; 5 to 5:40 p.m.

**Cost:** \$20 for four-session series

## Heart Health Circuit with Shannon Vance

**When:** Tuesdays, May 6 to 27, 10:15 to 11 a.m.

**Where:** Community Fitness Room, 2315 Myrtle Street, Lower Level

**Cost:** FREE

## T'ai Chi

**When:** Wednesdays, April 7 to 28; May 5 to 26; June 2 to 30; July 14, 21 and 28; August 4 to 25; 5:30 to 6:30 p.m.

**Where:** Community Fitness Room, 2315 Myrtle Street, Lower Level

**Cost:** \$25 for five sessions; \$20 for four sessions; \$15 for three sessions

## Qigong with Michael Hronas

**When:** Wednesdays, April 2 to 30; May 7 to 28; June 4 to 25; July 9 to 30; August 6 to 27; September 3 to 24; 7 to 8 a.m. OR Mondays, March 3 to 31; April 7 to 28; 7 to 8 a.m.

**Cost:** \$25 for five sessions; \$20 for four sessions

## Smoking Cessation Classes

Call Saint Vincent Ask-A-Nurse for information on our upcoming smoking cessation classes at **814/452-5500**.



## Fitness Basics 101

**When:** Ongoing on Tuesdays, 3:45 to 4:30 p.m.

**Where:** Community Fitness Room, 2315 Myrtle Street, Lower Level

**Cost:** \$20

## Abdominal Strengthening

**When:** Ongoing on Tuesdays, noon to 12:30 p.m.

**Where:** Community Fitness Room, 2315 Myrtle Street, Lower Level

**Cost:** \$20

## Enjoy Life without Hip and Knee Pain

Please call **800/326-8080** to register.

**When:** Tuesdays, May 13, 10 a.m.; July 8, 10 a.m.; OR September 9, 1 p.m.

**Where:** McGarvey Learning Center

**Cost:** FREE

## Shoulder Pain?

Please call **800/326-8080** to register.

**When:** Tuesdays, April 8, June 10 and August 5, 10 a.m.

**Where:** McGarvey Learning Center

**Cost:** FREE

## Got Back Pain?

Please call **800/326-8080** to register.

**When:** Wednesdays, May 14, July 2 and September 17, 1 p.m.

**Where:** McGarvey Learning Center

**Cost:** FREE

## Beautiful Beginnings

A class series for expectant parents. Unless otherwise noted, all classes held in Women's Center Classroom. To schedule your class dates, call **814/452-5664**.

## Saturday Preparation for Labor

**When:** April 5 and 12; May 3 and 10; June 7 and 14; July 5 and 12; August 2 and 9; OR September 6 and 13; 9 a.m. to 1 p.m.

**Cost:** \$30 per couple

# Health Happenings

## Weekday Preparation for Labor

**When:** Tuesdays, April 1, 8 and 15; Mondays, May 5, 12 and 19; Tuesdays, June 3, 10 and 17; Mondays, July 7, 14 and 21; Tuesdays, August 5, 12 and 19; OR Tuesdays, September 2, 9 and 16; 6:30 to 9 p.m.

**Cost:** \$30 per couple

## Newborn Care

**When:** Thursdays, April 3, May 1, June 5, July 10, August 7 OR September 4; 6:30 to 9 p.m.

**Cost:** \$15 per couple

## Labor Refresher Course

**When:** Saturday, June 21, 9 a.m. to 1 p.m.

**Cost:** \$20 per couple

## CPR for Family and Friends

**When:** Saturday, June 21, 9 a.m. to 1 p.m.

**Where:** Educational Services Classroom

**Cost:** \$35 per person

## Mommy and Me Playgroup

**When:** First and third Tuesday of every month, 10 a.m.

**Cost:** FREE

## Breastfeeding Class

**When:** Thursdays, April 10, May 8, June 12, July 24, August 14, OR September 11; 7 to 9 p.m.

**Cost:** \$15 per couple

## Working Mothers and Breastfeeding

**When:** Thursdays, March 27, May 22, July 31 OR September 25; 7 to 9 p.m.

**Cost:** \$15 per couple

## Breastfeeding Support Group

**When:** Third Wednesday of the month, 7 to 8:30 p.m.

**Cost:** FREE



## Tours of Our Maternal/Child Health Unit

Tours of the maternity floor are part of the Labor Prep classes. However, for those moms and dads who are unable to attend class or who would like another look, tours can be scheduled by calling **814/452-5664**.

## Sibling Preparation Classes

**When:** Tuesdays, April 8, June 3 OR August 5; 6:30 to 8 p.m.

**Where:** Meets at the Saint Vincent Health Center, Information Desk

**Cost:** \$10 for one child; \$5 for each additional child

## Dads Make a Difference!

**When:** Monday, June 2, 7 to 9 p.m.

**Cost:** \$10 per dad

## So You're Going to Be a Grandparent!

**When:** Monday, July 28, 7 to 9 p.m.

**Cost:** \$10

## Mothers & Daughters: On Growing Up For Girls 9–12 and Their Moms

**When:** Saturdays, April 19, May 17 OR July 26; 9 a.m. to noon

**Cost:** \$15 per mother-daughter couple; \$5 for each additional daughter

## The Perfectly Pampered Pregnancy

**When:** Tuesdays and Thursdays, 6 to 7 p.m. (see specific dates below)

**Where:** Saint Vincent Medical Offices at 2315 Myrtle Street

**Cost:** \$40

Join us to learn more on how to pamper yourself or your mate during your pregnancy. Saint Vincent Health Center and Coventina are partnering for a four-week session that will cover the changes that occur with your hair, skin and nails and how to manage them—as well discussions on stress, relaxation, aromatherapy, pregnancy massage and fashion in pregnancy. A Coventina gift basket will be given out to one lucky participant who attends all four classes.

**June 3, 10, 17 and 26**

**September 9, 16, 23 and 30**



## FALL- PREVENTION TIPS

Falls are the leading cause of injury among older adults, and 60 percent of these falls occur at home. Here are some helpful precautions:

- Keep floors and walkways free of clutter.
- Ensure that all stairwells are adequately lit. Install handrails on both sides. Place fluorescent tape on the edges of the top and bottom steps for visibility, and non-slip treads on wood steps.
- Install grab bars beside tubs, showers and toilets.
- Use a rubber bath mat or place nonskid adhesive strips in the shower or tub.
- Install a night-light along the route between your bedroom and bathroom.
- Eliminate throw rugs. Secure loose area rugs with double-faced tape or slip-resistant backing.

## Gain Control over Your Prostate Cancer Risk

**W**hat men eat may affect their risk for prostate cancer. So could other lifestyle choices. What can you do to lower your risk? Research suggests the following actions may help:

- **Go lean.** Choose lean meats or vegetable dishes instead of meals high in animal fat, which has been linked to prostate cancer.
- **Choose high-nutrient foods.** Foods such as rice, wheat and seafood contain selenium. This antioxidant may help prevent prostate cancer or slow the growth of prostate tumors. Lycopene also may reduce a man's risk for prostate cancer. It's abundant in raw or cooked tomatoes, pink grapefruit and watermelon. Vitamin E also may be beneficial. You'll find it in vegetables, nuts and egg yolks.
- **Lose those extra pounds.** In a recent study, men who had lost at least 11 pounds in the

past 10 years enjoyed a lower risk for prostate cancer. Overweight, older men also were more likely than normal-sized men to develop a more serious form of the disease.

- **Exercise regularly.** A recent study found that, compared with couch potatoes, men age 65 and older who exercised vigorously at least three hours a week had about a 70 percent lower chance of being diagnosed with advanced prostate cancer. Vigorous exercise includes jogging or playing basketball. Consult your health care provider before starting a vigorous exercise program.

- **Ask your doctor about taking aspirin.** Older men who regularly used aspirin had fewer cases of prostate cancer, researchers found. However, aspirin also can increase your risk for internal bleeding, so be sure to ask your doctor first. ♦



### Tune in to Help Children

Be sure to watch the Children's Miracle Network telethon on Sunday, June 1 from 4 to 11 p.m. on WICU-TV Channel 12. Children's Miracle Network is a nonprofit organization dedicated to helping hospitalized kids by raising funds and awareness for children's hospitals. Saint Vincent was selected to join the network in 1986.



## New Guide May Help Lower Blood Pressure

The National Heart, Lung, and Blood Institute has a working plan to cut your blood pressure. It's called DASH, or Dietary Approaches to Stop Hypertension. Try a DASH tip about diet or exercise today:

- Shrink your hamburger from 6 ounces to 3 ounces and eat it with ½ cup each of carrots and spinach to save about 200 calories.
- Before eating, rinse sodium off canned foods such as beans.
- Reward yourself for sticking to exercising. Buy a new outfit, CD or book ... but don't reward yourself with food!

Check out the downloadable DASH booklet online at [www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf).



WRKT's "Mojo in the Morning" is walking on sunshine since hip replacement surgery at Saint Vincent.



## Mornings Now Rock for Mojo

### Thanks to Double Total Hip Replacement

*Ceramic hip replacement a solution for younger patients*

For the past 16 years, WRKT 100.9 FM listeners have enjoyed moving to music brought to them with personality and flair by a popular radio host known as Mojo in the Morning. But, Mojo—a name he prefers to his given name—wasn't doing much dancing himself due to a difficult case of early-onset osteoarthritis.

An avid golfer, Mojo began noticing pain and limitations in movement at age 42, and by 2006 had deteriorated to what he terms "a constant state of excruciating pain." The condition left him virtually unable to sleep, save an hour or two each night. "I was miserable physically and mentally," Mojo says.

Saint Vincent orthopedic surgeon Mark Buseck, M.D., recommended staged bilateral hip replacement for Mojo, utilizing an

advanced ceramic implant with a polyethylene liner. This type of hip replacement material may be recommended for younger patients because it has the potential to last for the rest of a patient's life.

Surgery on the first hip was in March of 2006, and Mojo struggled a bit with recovery—mostly, he now recalls, because he was "pretty tentative about rehab." His second hip was replaced in October.

"I sailed through it. I woke up from surgery immediately knowing my life was going to be so much better," Mojo says.

He was right. He was off the walker within days, off his cane in a week and back at work in two weeks. After several months of aquatic therapy, Mojo now strides through the radio station and grooves to the music as if nothing ever happened to him.

"My experience at Saint Vincent and

with Dr. Buseck was just excellent. I can walk without a limp for the first time in three years, I'm sleeping well, I have all my strength back and I'm planning to start golfing again this spring."

Mojo's advice to others suffering from hip pain? "Don't wait around. It only gets worse. Cut to the chase. I lost three years of my life. If I had known I could feel this good again, I would never have waited."

According to Dr. Buseck, the type of hip replacement varies for every patient based on age and other conditions.

"The ceramic and polyethylene hip replacement is a great choice for a younger patient," he says. "We have every reason to believe Mojo's hips will last for the rest of his life."

For Mojo, that prediction is music to his ears. ♦

To learn more about joint replacement, plan on attending one of our **Enjoy Life without Hip and Knee Pain** seminars listed on page 10, visit [www.saintvincenthealth.com](http://www.saintvincenthealth.com) or call Saint Vincent Ask-A-Nurse at 814/452-5500 or 800/326-8080.

# Artificial Disc Offers **New Hope**

**T**here may be new hope for people suffering from chronic, severe neck, shoulder and/or arm pain. A new and advanced surgical technique offers some patients both pain relief and a chance to maintain motion in their necks following herniated cervical disc surgery.

Currently, spinal fusion is the standard of care for patients suffering from herniated cervical disc. It is a successful procedure, but restricts motion.

“Implanting the PRESTIGE® disc, instead of typically fusing the neck, allows the patient more mobility and range of motion,” says Daniel Muccio, M.D., a Saint Vincent neurosurgeon. The PRESTIGE® Cervical Disc, an effective and safe treatment for many patients, is the first artificial disc approved for the cervical spine by the U.S. Food and Drug Administration. This new artificial disc, used in a procedure called cervical disc arthroplasty, showed superior neurological and overall success in a recent trial that compared its clinical outcomes with those of spinal fusion procedures.

More than 75 percent of all Americans will experience back and neck pain in their lives and more than 200,000 patients receive herniated cervical disc surgery each year. If your pain is preventing you from leading an active lifestyle, you may be a candidate for the PRESTIGE® Cervical Disc. ♦

For more information about the PRESTIGE® Cervical Disc, call Saint Vincent Neurosurgery at **814/452-7809** or visit our Web site at [www.saintvincenthealth.com/neurosciences](http://www.saintvincenthealth.com/neurosciences).

## Saint Vincent Welcomes New Physicians



**Maged Ghanem, M.D.**  
*Internal Medicine*  
Erie Physician's Network  
3535 Pine Avenue, Erie  
**814/456-5469**



**Mark Marbey, M.D.**  
*Cardiovascular Surgery*  
Saint Vincent Cardiovascular Surgery  
2315 Myrtle Street,  
Suite 160, Erie  
**814/456-9197**

### LOOKING FOR A DOCTOR?

Ask for a copy of Saint Vincent's new physician directory by calling **814/866-4817**. The directory provides information on physician background, specialty, address and contact information, and even includes a photograph of each physician. Consider it your best new resource to find a caring physician for your family's medical care. It's **FREE**.

# Health Briefs

## Another Reason to Shake the Habit

Tossing the saltshaker could lessen your risk for gastro-esophageal reflux disease (GERD), a condition that causes chronic heartburn. People who always salted their foods were 70 percent more likely to suffer from GERD than those who never used table salt. Other preventive measures included eating high-fiber bread, not smoking and exercising for 30 minutes at least once a week.

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## Let the Music Play, and Stress May Go Away

Lullabies ... chants ... waltzes ... According to a recent study, such slow, meditative music can help your body relax. How? Music can affect breathing, heart rate and even emotions. When you turn on the tunes, make the most of them by getting in the right frame of mind. Imagine something pleasant or relaxing when you listen. Or think of nothing at all. This type of quiet reflection may help the troubles of the day melt away.

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## “HANDS-FREE” DOESN'T MEAN “RISK-FREE”

Using a cell phone while driving may quadruple your odds of having a crash that sends you to the hospital. Plus, hands-free models aren't any safer, say experts. So, think twice before placing that call on the road.

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## Help Your Sweet Child Stay That Way

Gossip and teasing. You didn't like them when you were younger, and you certainly don't want your child to become one. Research shows that most social aggression is learned, not inherited. Try these strategies to keep your child from becoming a meanie:

- Praise your little one for sharing and taking turns.
- Use role-playing to teach new social skills, such as saying hello to people.
- Don't label other kids—as, for example, “bossy.”

## PROTECTION FROM AWARENESS DURING SURGERY

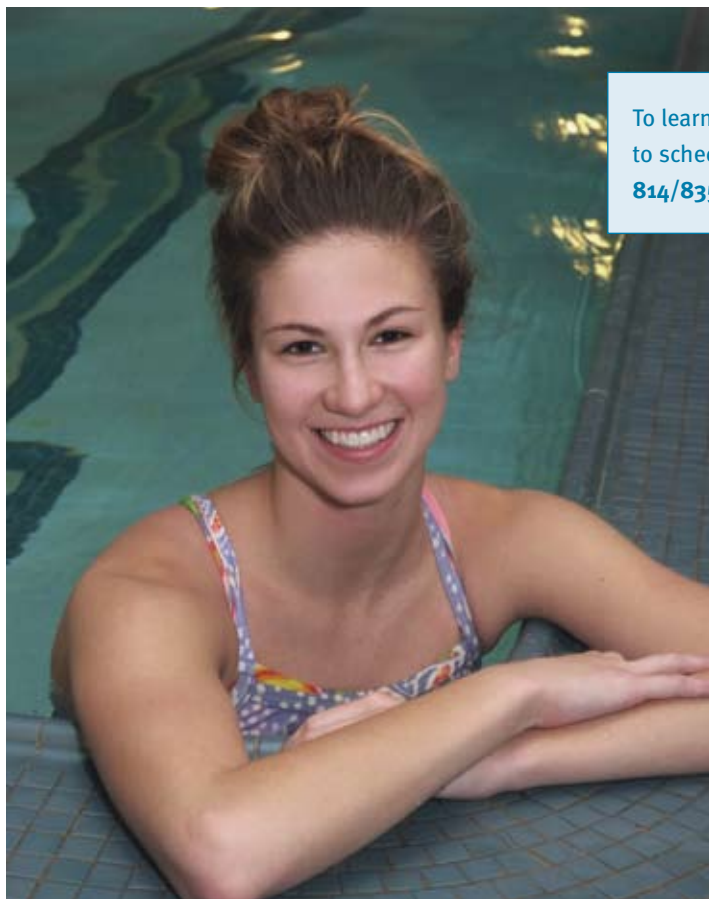
Saint Vincent Health Center is the first and only health care facility in the region to utilize



new technology that enables anesthesiologists to reduce the risk of patients experiencing awareness with recall during surgery. The advanced technology also allows patients to wake up sooner and recover more quickly from anesthesia. The system, which monitors a patient's level of consciousness, is now available at Saint Vincent for use at the anesthesiologist's discretion when a patient is at a high risk for awareness.

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# Technology Maps Out Success for Swimmer



To learn more about how Body Map™ can enhance athletic performance or to schedule an appointment at Saint Vincent Sports Medicine, call 814/835-2035 or visit [www.saintvincenthealth.com/ppt](http://www.saintvincenthealth.com/ppt).

muscle knots in other areas of her body. The solution to her problem was mapped out with the help of Saint Vincent Sports Medicine physician Laura McIntosh, M.D., and athletic trainer George Roberts. Literally.

The Saint Vincent Sports Medicine experts recommended Body Map™, which uses a Web-based computerized system to help analyze digital photos taken of athletes from several angles while performing various movements. The system points out muscle imbalances and helps sports medicine specialists create a customized exercise program that takes into account the individual's goals. It can improve performance and power and increase flexibility. It also can help reduce injuries.

"Even though Annie was experiencing shoulder pain, Body Map™ helped show that Annie needed to maximize strength in her other muscles—such as her core and her hips. She needed to improve overall strength and change her body mechanics, and she accomplished that through a great deal of hard work," says Dr. McIntosh, adding that Body Map™ is a great process for people who are very self-motivated.

**"I felt stronger, my posture improved, there's no more pain and my athletic performance has improved tremendously,"**

Annie says. "And I won the District 10 for the first time ever! Body Map™ is amazing!"

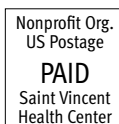
With her victory behind her, Annie, a junior, aspires to play water polo or swim in college. And thanks to Body Map™, she knows exactly how to get there. ♦

**T**alk about a treasure map.

Annie Brown, 17, a swimmer and water polo player at Villa Maria Academy in Erie, won the 2007 District 10 swim championship in the butterfly. And one of the tools that helped her get there was Body Map™, an innovative technology provided in the region exclusively by Saint Vincent Sports Medicine.

In 2006, Annie wasn't getting the results she wanted from her training. She also was experiencing pain in her shoulder and

**Saint Vincent Health Center**  
*We know how to treat people.™*  
232 West 25 Street  
Erie, PA 16544



**Monica Lewis, Editor**  
**Cover art by Robert Grubbs**

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