

SAINT
VINCENT



Vitals

Information and Resources for Health and Wellness

Fall 2007 | www.saintvincenthealth.com



Movement!

- Kids and Exercise: How to Get Them Moving
- Help for Athletes on the Move
- Moving Back Into a Normal Life After Illness

Community Events

Go Pink to Make Strides Against Breast Cancer

Saint Vincent is a major sponsor of the Making Strides Against Breast Cancer fund-raising walk on Saturday, October 6, at the cruise boat terminal at the foot of Holland Street in Erie.

Join us for a 5K walk along the Bayfront Parkway and a special presentation featuring a briefing by Saint Vincent surgeon Amelia Miro Jeyapalan, M.D., on the *Top Five Things Every Woman Needs to Know About Breast Cancer*. Also addressing the crowd will be surgeon Shannon Takara, M.D., as well as Saint Vincent President and CEO, C. Angela Bontempo.

You'll also hear more about the Saint Vincent Women's Center's commitment to the women of the region in the fight against breast cancer and our streamlined breast diagnostic process. The process is designed to get mammography results to physicians within 24 hours and provide biopsy and surgery, if needed, within two weeks.

Go Red to Fight Heart Disease

On Thursday, January 31, at 6 p.m., gather your girlfriends and be a part of Saint Vincent's Go Red for Women celebration. This fabulous hors d'oeuvres reception will feature a fashion show, beauty giveaways, prizes, and a talk by Andrea Jeffress, M.D., titled, "My Achy, Breaky Heart: Women and Heart Disease." Location is McGarvey Learning Center. Cost is \$6. Call **814/866-4817** to RSVP.

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

Fewer things in life are more precious than your health. That's why choosing a hospital or a doctor is one of the most important decisions you can make.

In recent years, the availability of health care rankings and data has increased, offering consumers a variety of sources to consider when making choices about their care. While considering research and information to help with your decisions on health care quality, don't trust the numbers unless you trust the source. At Saint Vincent, our data is submitted to unbiased, public reporting sources that are recognized and respected throughout the health care industry. We strongly believe that we have an obligation to consumers and patients not only to help make this information readily available, but also to raise public awareness of the importance of reliable sources of information.

Why? Because these are the sources—the valid sources—that provide you with impartial information to make objective decisions about where to seek care. These are independent health care sources—such as The Joint Commission on Accreditation, the Pennsylvania Health Care Cost Containment Council (PHC4), the U.S. Department of Health and Human Services and the Centers for Medicare and Medicaid Services—that take health care quality data that is voluntarily reported to them and validate the data to ensure it is relevant and accurate. In turn, we make their information available to you on our hospital Web site.

So do your research. You will find Saint Vincent ranks among regional, state and national

health care quality leaders for many important measures. You also will see the areas in which we and other hospitals face challenges. At Saint Vincent, we continually define new, more advanced methods to improve our quality progress for you and your family. We take pride in serving as the region's innovator in both quality of care and advancement of new procedures and technology.



Sincerely,

A handwritten signature in black ink that reads "C. Angela Bontempo". The signature is fluid and cursive, written in a professional style.

C. Angela Bontempo, MHA, FACHE
President and CEO



Visit our Web site at www.saintvincenthealth.com/quality for links to unbiased, solid, reliable sources to help you and your family evaluate your health care options.

ON THE COVER

The digital painting on our cover, "La Joie Vivante" or "Living Joy," was created as a reminder to adults never to lose the childlike and spontaneous joy that we sometimes forget in the busy times of our lives.

Artist Solitaire Miles was born in Erie and attended Mercyhurst Prep High School under an arts scholarship. She also attended the D'Angelo School of Music and Gannon University. She is currently living in Chicago, Ill., where she works as a professional jazz vocalist and graphic artist. Miles works mainly in the digital medium, creating freehand digital paintings and photo manipulations.



Don't Let Headache Pain Slow You Down

Everyone has probably experienced the pain of a headache. The good news is that you don't have to give in to headache pain when it strikes.

Take Aim at Pain

Over-the-counter medications, such as aspirin, acetaminophen or ibuprofen, often provide relief from headache pain. Other measures you can take include:

- Resting
- Placing warm compresses on your head or neck. Compresses are most effective for tension headaches.
- Taking a hot shower. Showering is especially helpful for tension headaches.

Lifestyle choices also may help control or even prevent headache pain. For example:

- **Exercise.** Get all types of exercise, which releases natural painkillers in your body called endorphins.
- **Eliminate sources of tension.** Have your eyes checked regularly. Correct poor posture to prevent muscle strain in the shoulders and neck.
- **Know your triggers.** In some people, certain foods can cause a migraine headache. Strong fumes or bright lights also can trigger migraines.
- **Reduce stress.** Massage, yoga and meditation are great ways to help you relax.

When to Seek Medical Attention

Call your doctor if your headaches are becoming more frequent—or if they seem more severe and longer-lasting than usual. And get help immediately if any of the following accompany your headache:

- Fever
- Loss of consciousness
- Eye or ear pain
- Dizziness, numbness or paralysis ♦

If you have chronic headaches and want to add behavioral self-management techniques to your medical care, call Gay Lipchik, Ph.D., of Saint Vincent Health Psychology Services, a nationally recognized headache expert, at **814/454-4885**.

Joint Pain: What Could Be Wrong?

To learn more, visit www.saintvincenthealth.com/orthopedics.

Common causes of joint pain include the following:

- Sprains or tears to surrounding ligaments, dislocated joints and other injuries
- Fluid that accumulates around the joint
- Bursitis, inflammation of the fluid-filled sacs that ease friction between tendons and bones, often caused by overuse or injury, typically affecting shoulders, elbows or knees
- Arthritis, a group of more than 100 different diseases that includes osteoarthritis and rheumatoid arthritis—both are more likely to strike women

FREE Joint Pain Seminar

Attend one of Saint Vincent's **FREE** seminars for individuals suffering from joint pain. Schedule a consultation with a physician on the spot! Call **1/800/326-8080** to register.

Shoulder Seminars

Tuesdays, October 2, December 4 or February 5, 1 p.m.

Hip and Knee Seminars

Tuesday, November 13, 1 p.m.
Thursday, January 10 or Wednesday, March 5, 10 a.m.

Saint Vincent: Among Best in Nation for Joint Replacement

Saint Vincent is ranked in the top 20 percent of hospitals in the nation recognized for outstanding quality in joint replacement by the Centers for Medicare and Medicaid Services. In addition, Saint Vincent joint replacement patients appreciate leaving the hospital sooner and return to the healing comfort of home faster than patients at other Pennsylvania hospitals, according to the Pennsylvania Health Care Cost Containment Council.

If you're suffering from joint pain, you can now learn about the solution, right from the comfort of your own home. Just visit www.saintvincenthealth.com/orthopedics and you can download brochures on hip replacement, knee replacement, shoulder problems and osteoarthritis.



Patients work out at the new Cardiac Rehab Center.

New Cardiac Rehab Center: Getting Patients Back to a Normal Lifestyle

For patients recovering from heart attack or heart surgery, Saint Vincent Heart Center's new Cardiac Rehab Center in the new medical office building at 2315 Myrtle St., Erie, is an upbeat place where they can get back into a normal lifestyle.

Cardiac rehab is a series of physician-referred, monitored, medically supervised exercise sessions three times per week. Each session lasts about one hour and consists of a warm-up phase that prepares the patient's heart and other muscles for exercise, an aerobic period for cardiovascular

benefits using various machines (such as bicycles, treadmills and free weights), light strength training and a cool-down phase to gradually return the heart rate and circulation to a pre-exercise state while increasing flexibility. Patients proceed at their own pace, according to where they are in the healing process.

These medically supervised exercise sessions focus special attention on each patient's heart rate, heart rhythm, blood pressure and response to exercise. A caring nurse constantly monitors heart rate and heart rhythm through a monitor.

You can benefit from cardiac rehab if you:

- Have heart disease or have had a heart attack
- Have had coronary bypass surgery, a balloon catheter or stent procedure on your heart

Saint Vincent cardiac rehab services can make a difference. It is a safe and effective way to help you:

- Feel better faster
- Get stronger
- Reduce stress
- Reduce the risks for future heart problems
- Live a healthier life ♦

Cardiac Support Group



Think of it as a celebration of surviving and thriving. It's the Saint Vincent Cardiac Support Group, a quarterly event presented by the Saint Vincent Heart Center that not only unites heart attack patients and their families for support and networking, but also provides opportunities for education and socializing.

A physician presents a brief talk on a heart-related topic, lunch is provided and attendees receive a gift! Average attendance at the event is about 80, so it's a great way to make new friends and share a common experience. Spouses and significant others are invited to attend.

The support group meetings are held quarterly at McGarvey Learning Center. Upcoming meeting dates are Thursdays, November 1 and February 7.

In a heart emergency, every second counts. Pre-register your important health information with our Heart STAT program at www.saintvincenthealth.com or to be added to the support group mailing list, call us at 814/452-7273.

New Congestive Heart Failure Clinic Opens

If you experience fatigue, swollen ankles and shortness of breath and you're older than 40, you may be among the one-in-five persons experiencing congestive heart failure (CHF).

CHF is a condition in which the heart can't pump enough blood to the body's other organs. This can result from narrowed arteries, past heart attack, high blood pressure, valve disease, birth defect, infection or other causes.

In CHF, the heart is failing, but continues to work inefficiently, although symptoms worsen.

If you are experiencing these symptoms, see your doctor. Be assured that mild to moderate CHF can be treated with diet, rest, modified daily activities and medications.

CHF patients can benefit from the new Saint Vincent CHF Clinic, located at 2315 Myrtle St. in Erie. The clinic focuses on an innovative, collaborative care approach with your family physician, pharmacist, dietitian and nurse practitioner, all with the goal of returning you to a full, active life. Services include personalized medication management, intravenous

medication and therapy, patient and family education, nutritional consultations and classes, coordination of care and outpatient services, home care and

home medication services. In addition, patients appreciate follow-up phone consultations to address their questions and concerns. ♦

Call **814/452-5920** to learn how we can treat your CHF symptoms.

Heart Failure Patients at Saint Vincent Do Better Than the National Average

Thanks to a comprehensive quality improvement program at the Saint Vincent Heart Center, patients suffering from heart failure do better than the national average when it comes to the need for hospital readmission.

The heart failure program provides enhanced patient care, coordination, assessment, and management with a collaborative approach among the family physician, the heart failure team and the patient. Heart failure team members call patients regularly to ask how they are feeling and to find out how well they are complying with their heart failure management plan. This advanced, evidence-based follow-up approach is a particularly effective

aspect of the program.

As a result of these initiatives, Saint Vincent was able to keep patients healthier after discharge. The number of Saint Vincent patients who were readmitted to the hospital within 30 days for further care was 6 percent better than the national best practice rate.

Early data indicates that patients who are readmitted are staying, on average, one day less than they were prior to being managed in the Heart Failure Clinic. In addition, they are admitted to critical care less often. This may be due to closer monitoring and earlier intervention by the heart failure interdisciplinary team.

NEWS UPDATE FOR WOMEN

Sign Up for Monthly Breast Health E-Mail

Want to stay up-to-date on the latest health information in the fight against breast cancer? From the basics on prevention to assessing your risk to notices of events and activities, these brief, informative e-mails will keep you “abreast” of everything you need to know. To sign up, go to www.saintvincenthealth.com/womenshealth.

Come to the Pink Ribbon Body and Soul Event

Join us for live music and lifesaving information and inspiration at our Pink Ribbon Body and Soul luncheon, on Monday, October 15 at 6 p.m. in the McGarvey Learning Center. It will include hors d'oeuvres, a mini performance by a local artist and an interactive presentation by Saint Vincent surgical oncologist Hank C. Hill, M.D., on “Breast Cancer: What Every Woman Needs to Know.” It also includes exciting prizes and giveaways. Cost is \$6. Call **814/866-4817** to register.



Breast Health Answers: Fast

We have made a significant commitment to the women of the region with our streamlined breast diagnostics program introduced in late 2006. The experts at the Saint Vincent Women’s Center will have mammography results to physicians within 24 hours. Any woman needing a biopsy and surgery will have both procedures completed within two weeks. Questions? Call **814/452-5228**.

BABY 101

FREE Customized Weekly E-Mail Newsletter for Expectant and New Parents

Expecting with no idea of what to expect? As a parent-to-be, you’re no doubt faced with a bewildering array of pregnancy and parenting information from books, magazines, television and the well-meaning advice of friends and family. It’s difficult to sort it all out. Now, expectant and new parents have a resource to guide them through pregnancy and the first year of their baby’s life: the Saint Vincent weekly parenting e-mail newsletter. This innovative, FREE weekly service includes customized information, news and resources—as well as announcements from our parent education staff, access to hospital classes and tour information—all delivered to your inbox. Most importantly, our weekly parenting e-mail allows our caring hospital team to develop a richer, more supportive relationship with our patients—you!

When you register with your name, due date and e-mail address, you’ll receive our weekly parenting e-mail tailored to your personal week of pregnancy and then the age of your newborn. The Saint Vincent weekly parenting e-mail service also allows you to offer comments and suggestions as to how we can better serve you. Plus, it’s all free!

It’s just another reason Saint Vincent is the first choice of expectant parents and referring physicians, and why we delivered 800 more babies in 2006 than our closest competitor. ♦

At Saint Vincent, we do everything we can to make your pregnancy and delivery a safe, healthy and positive experience. See page 10 to learn how to sign up for our Beautiful Beginnings class series!



Sign up now and let us offer you all the support you deserve as a Saint Vincent patient. Or tell a new or expectant parent to sign up. Call us at **814/866-4802** to register or go to www.saintvincenthealth.com/babies.

Do You Need a Bone Density Test?

Both men and women can develop osteoporosis, but women face a much higher risk. And Caucasian and Asian women are more likely than those of other ethnicities to develop this disease. Having a family history of osteoporosis boosts risk and so does consuming too little calcium or vitamin D, not getting enough exercise, smoking and excessive drinking.

Many people don't realize they have osteoporosis until they fracture a bone. For this reason, it often is called

the "silent disease," but new research suggests that a bone density test might help you break the silence.

Bone densitometry at the Saint Vincent Women's Center is a quick, safe and painless test that measures the strength of your bones. A recent study in the *Annals of Internal Medicine* found that women and men age 65 and older who had bone density testing had a 36 percent lower hip fracture risk six years later than unscreened adults.

Fortunately, healthy habits can help you keep your bones strong:

- Get plenty of calcium and vitamin D. People age 51 and older need 1,200 milligrams of calcium every day. Those ages 51 to 70 should consume 400 international units (IUs) of vitamin D daily, and individuals older than age 70 need 600 IUs.
- Avoid or limit your alcohol intake.
- Perform weight-bearing exercises on most days of the week. Examples include walking, stair climbing, dancing and jogging.
- If you smoke, quit. ♦

It's easy! The helpful staff at the Saint Vincent Women's Center can measure your bone density with a quick, simple and pain-free scan. Make an appointment today by calling **814/452-5228**.



Beyond HRT: Help for Hot Flashes

Hot flashes are a common signal of menopause, but as research continues to question the safety of hormone replacement therapy (HRT), many women are looking for other ways to cool down. Here are three to try:

- **Exercise.** In one study, just 5 percent of physically active women experienced severe hot flashes.
- **Soy.** Women who added 60 grams of soy protein to their daily diet cut the number of hot flashes they experienced nearly in half. A cup of soymilk or a 3-ounce serving of tofu has about 10 grams of soy protein.
- **Herbal help.** Some studies suggest that black cohosh may be effective.

Be sure to ask your doctor if it's right for you. ♦



Diabetes Resource Center Helps Man Carve Out a New, Healthier Life



If you need help with diabetes, ask your physician to call **814/864-0038** with a referral. Many insurance companies cover these services—be sure to check with yours.

supportive nursing staff taught him about his disease and how to manage his diet so his symptoms wouldn't escalate into more serious health problems.

"They laid it out for me in no uncertain terms," Donald says of the Center's nurses and dietitians, all of whom are certified by the American Association of Diabetes Educators. "They looked me right in the eye and told me everything that could happen to me if I didn't make the necessary changes and they showed me exactly how to make them. They answered questions I didn't even know I had. They were compassionate and very motivating."

Six months later, Donald is 38 pounds lighter and his blood sugar is within normal levels, a feat achieved primarily through a new, healthy diet.

"I feel like I've hit a home run, and the Diabetes Resource Center gave me the bat," he says. "I have so much more energy and I can accomplish things with my woodworking and carving now. Erie is blessed to have the Saint Vincent Diabetes Resource Center. They helped me take back my life."

The Center's other quality services include individualized and group education sessions, a support group, training in insulin administration, home glucose monitoring and insulin pump use, as well as gestational diabetes education. ♦

I feel like I've hit a home run and the Diabetes Resource Center gave me the bat.

When it came to his passion for woodworking and model ship building, Donald Rettman II, of Millcreek, had the will but not the well-being. For years, he felt exhausted, unable to concentrate on his favorite hobby and often unable to see clearly enough to accomplish anything.

In February, a routine physical revealed the reason: Type 2 diabetes, the form of the disease that can be controlled by diet and lifestyle. Donald's physician prescribed medication and referred him to the Saint Vincent Diabetes Resource Center, located at 3530 Peach St. in Erie.

Donald, 62, a retired truck driver, was 246 pounds with blood sugar levels he termed "out the roof." He enrolled in the Diabetes Resource Center's educational program, where the

Diabetes Resource Center Adds Southern Erie County Branch

The Saint Vincent Diabetes Resource Center has recently expanded, adding a southern Erie County branch in Union City. The office is located at the Union City Outpatient Center, 130 North Main Street. Office phone is **814/864-0038**. Staff members also are available by phone to answer questions.

Don't Let the Flu Bring Down Your Family

Picture it: You and your spouse are battling body aches and the sniffles. Your oldest child has an excruciating cough. Your little one is fighting a fever. Sound like a nightmare? It's more like a portrait of your family coping with its very own flu outbreak.

To help you and your loved ones dodge the flu, take the following steps:

- Consider a flu vaccine—especially if your family includes those who are at high risk of getting a serious case of the flu. These include people age 50 and older; adults and children with chronic diseases, such as diabetes, heart disease and asthma; babies age 6 to 59 months; close contacts of children ages 0 to 59 months; and women who are pregnant or will be pregnant during the flu season, which is typically November through March. People who live with—or are in close contact with—these high-risk individuals also should be vaccinated.
- Remember what doorknobs, phones and

other surfaces have in common: germs.

Wash them frequently with a disinfectant.

- Remind family members to wash their hands often with soap and warm water for 15 seconds.
- Don't share drinking glasses or eating utensils with your loved ones.
- Get plenty of sleep, eat a healthy diet and exercise so your immune system stays charged. ♦



Want to be notified of dates for our annual flu shot clinic? Call 814/452-7271.

Kids and Exercise: How to Get Them Moving!

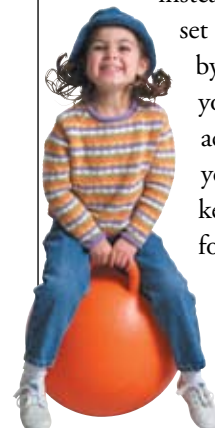
During the past 30 years, the percentage of children who are overweight has more than doubled. Part of the reason is that the average child watches three hours of television per day and spends a total of about 5.5 hours on all media combined.

The American Heart Association recommends:

- All children age 2 and older should participate in at least 30 minutes of enjoyable, moderate-intensity physical activities every day that are developmentally appropriate and varied.
- If your child or children don't have a full 30-minute activity break each day, try to provide at least two, 15-minute periods or three, 10-minute periods in which they can engage in vigorous activities appropriate to their age, gender and stage of physical and emotional development.

To encourage your children to exercise, establish a regular schedule for physical activity, incorporate activity into daily routines (take the stairs

instead of elevators), set a good example by working out yourself, and keep activity fun so your child will keep coming back for more.



Get Moving! It Doesn't Have to *Feel* Like Exercise

If you're one of the many people who is bored or intimidated with the idea of climbing on a treadmill or taking an aerobics class, take heart. Exercise can be beneficial even when it's fun. Consider how many calories a 150-pound person can burn when involved in 30 minutes of the following activities.

Exercise	Calories burned	Exercise	Calories burned
Roller skating	250	Ballroom dancing	180
Water skiing	230	Bowling	170
Brisk walking	225	Ping-Pong	150
Hunting	214	Gardening	140
Frisbee	200	Horseback riding	135

Remember to check with your family physician before beginning an exercise routine. Don't have a family physician? Call Saint Vincent Ask-a-Nurse at 814/452-5500 and they'll help you find one.

Health Happenings

Unless otherwise noted, call 814/866-4817 to register.



Yoga with Dr. Sharryn Donn-Campbell

When: Thursdays, October 4, 11, 18, 25, November 1, 8, 15, 29, January 17, 24, 31, February 7, 14, 21, 28; 11:45 a.m. or 4:40 p.m.

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

Cost: \$4 per class or \$16 per month

Yoga with Julia Hamilton

When: Saturdays, November 3, 10, 17, 24, December 1, or January 5, 12, 19, 26, February 2; 9:30 to 11 a.m.

Thursdays, October 4, 11, 18, 25, November 1, or January 10, 17, 24, 31, February 7; 5:30 to 7 p.m.

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

Cost: \$30

Heart Health Circuit with Shannon Vance

Drop-in class.

When: Tuesdays, September 4, 18, 25 (no class September 11), October 2, 9, 16, 23, 30, November 6, 13, 20, 27,

December 4, 11, 18, January 8, 15, 22, 29, or February 5, 12, 19, 26; 10:15 to 11 a.m.

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

Cost: FREE

Building Bone Strength

When: Wednesdays, October 3, 10, 17, 24, or January 9, 16, 23, 30

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

Cost: \$20 per four-session class

T'ai Chi

When: Wednesdays, October 3, 10, 17, 24, 31, or February 6, 13, 20, 27; 5:30 to 6:30 p.m.

Where: Lower Level Landmark building, 2315 Myrtle St.

Cost: \$25

Smoking Cessation Classes

When: Thursday, October 25; noon to 1 p.m. and 6 to 7 p.m.

Where: McGarvey Learning Center

Cost: FREE

Fitness Basics 101

When: Tuesdays, January 8, 15, 22, 29; 3:45 to 4:30 p.m.

Where: Community Fitness Center, 2315 Myrtle Street, Lower Level

Cost: \$20

Beginner Pilates with Shannon Vance

When: Wednesdays, October 3, 10, 17, 24, 31; 11:45 a.m. to 12:15 p.m.

Where: Community Fitness Center, 2315 Myrtle Street, Lower Level

Cost: \$30

Abdominal Strengthening

When: Tuesdays, October 9, 16, 23, 30, or January 8, 15, 22, 29; 11:30 a.m. to noon

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

Cost: \$20

Beautiful Beginnings

A class series for expectant parents. To schedule your class dates, call 814/452-5664.

Saturday Preparation for Labor

When: Saturdays, October 6 and 13, November 3 and 10, December 1 and 8, January 5 and 12, February 2 and 9, March 1 and 8; 9 a.m. to 1 p.m.

Where: Women's Center Classroom

Cost: \$30 per couple

Newborn Care

When: Thursdays, October 4, November 1, December 6, January 3, February 7, March 6; 6:30 to 9 p.m.

Where: Women's Center Classroom

Cost: \$15 per couple

Weekday Preparation for Labor

When: Mondays, October 1, 8, 15; Tuesdays, November 6, 13, 20; Mondays, December 3, 10, 17; January 7, 14, 21; Tuesdays, February 5, 12, 19; March 4, 11, 18; 6:30 to 9 p.m.

Where: Women's Center Classroom

Cost: \$30 per couple

Labor Refresher Course

When: Saturdays, October 20 or February 16; 9 a.m. to 1 p.m.

Where: Women's Center Classroom

Cost: \$20 per couple

Breastfeeding

When: Thursdays, October 11, November 8, December 13, January 10, February 14, March 13; 7 to 9 p.m.

Where: Women's Center Classroom

Cost: \$15 per couple

Working Mothers and Breastfeeding

When: Thursdays, September 27, November 29, January 24, March 27; 7 to 9 p.m.

Where: Women's Center Classroom

Cost: \$15 per couple

Sibling Preparation

When: Tuesdays, October 9, December 4, February 5, April 1; 6:30 to 8 p.m.

Where: Meet at Saint Vincent Health Center Information Desk

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

Breastfeeding Support Group

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

Where: Women's Diagnostic Center Classroom

Cost: FREE

Mommy and Me Playgroup

Bring your toddler for a fun and relaxing playgroup facilitated by moms who are nurses.

When: Tuesdays, October 2, 16, November 6, 20, and December 4; 10 a.m.

Where: Women's Center Classroom

Cost: FREE

The Perfectly Pampered Pregnancy

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 as 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.

When: Tuesdays, October 2, 6, 9, and 30; 6 to 7 p.m.

Where: Women's Center Classroom

Cost: \$40

Mothers and Daughters: On Growing Up (for girls 9 to 12 and their moms)

When: Saturday, February 23; 9 a.m. to noon

Where: Women's Center Classroom

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

CPR for Family and Friends

When: Saturdays, November 4, March 15; 9 a.m. to 1 p.m.

Where: Educational Services Classroom

Cost: \$35 per person



Dads Make a Difference!

When: Mondays, September 24, January 28; 7 to 9 p.m.

Where: Women's Center Classroom

Cost: \$10 per dad

So, You're Going to Be a Grandparent!

When: Mondays, November 19, March 24; 7 to 9 p.m.

Where: Women's Center Classroom

Cost: \$10

Tours of Our Maternal/Child Health Unit

Tours of the unit 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**.



Photo courtesy of Roy Newman

We tell everyone we know that if something happens, get to Saint Vincent.

Exclusive 24/7 Stroke Alert Team Makes Saint Vincent Your Only Choice for Stroke Care

When Beebe Eggert checked the time on her way to her morning exercise session in Westfield, N.Y., last winter, she never realized that when she had a stroke moments later, time was going to be a key factor in her return to a normal life.

After paramedics took her to Westfield Memorial Hospital, where she was stabilized, Beebe was transported to Saint Vincent via helicopter. There, she was put into the hands of Saint Vincent's 24/7 Stroke Alert Team, experts specially trained in treating stroke victims and ready to team up at a moment's notice to treat stroke

emergencies. Jacob Agris, M.D., Ph.D., the region's only interventional neuroradiologist, quickly utilized flat-panel 3-D neuro biplane imaging, a technology only a handful of hospitals in the country can provide, to guide him in retrieving a blood clot from Beebe's brain through a minimally invasive catheterization.

The fast reaction and advanced technology were critical to saving Beebe's brain function.

She has returned to a normal life.

"I'm a farm wife, and I was concerned I wouldn't be able to do the things my husband needed me to do, but I came home

from the hospital and got right back to the bookkeeping. Slowly, my ability to multi-task has come back," Beebe says. She also helps with other light farm tasks and works with the family's horses, which are used for heavy jobs on the farm.

"After being treated, they sent me to physical therapy and occupational therapy for an assessment and I was amazed to be able to do everything they asked me to do," Beebe says proudly. "I am even able to do some pretty intricate needlework that I've always done for a church sewing project."

Digital biplane technology is the latest and most advanced imaging tool for the treatment of stroke, and it's available only at Saint Vincent. This state-of-the-art technology recreates 3-D images of the brain, enabling physicians to make a faster diagnosis and conduct minimally invasive procedures with more accuracy and precision.

"I was in the right place at the right time, because this marvelous technology isn't offered anywhere else nearby. We tell everyone we know that if something happens, get to Saint Vincent," says Beebe. ♦

For more information, call Saint Vincent Neurosurgery at 814/452-7809 or visit www.saintvincenthealth.com/neurosciences.

Prostate Cancer and Exercise

Did you know? Men age 65 and older who got at least three hours a week of vigorous exercise—such as running, biking or swimming—can cut their risk of being diagnosed with advanced or fatal prostate cancer by nearly 70 percent.

It's Never Too Late to Quit Smoking

Studies have shown all kinds of health benefits from quitting smoking. But do those studies apply to long-time smokers? Can people diminish the effects of decades of smoking?

Research suggests that the answer is yes. Even people who have smoked for decades are seeing improvements in their health after they quit. Plus, there are the countless other benefits of quitting—from easier breathing when exercising to protecting grandchildren from secondhand smoke.

In one study, researchers followed men who quit smoking around age 64. What did they find? Even after an average of 43 years of smoking, these men were able to reduce their risk for death from cancer, heart disease and other problems.

Men who kept smoking after age 65 reduced their life expectancy by about six years. Even some of the ex-smokers with chronic illnesses lived longer than the smokers.

However, the sooner older smokers quit, the more benefit they will see, says a study of more than 5,000 women and men age 65 and older. Smokers who had quit between ages 40 and 60 had only a 7 percent decrease in lung function compared with peers who had never smoked. However, smokers who waited till after age 60 to quit experienced a 14 percent decrease in lung function.

Smoking is a difficult habit and addiction to end. If you are among the thousands of smokers who long to quit, you may want to ask your doctor about the best approach for you. He or she may suggest one or all of the following ways.

- Nicotine gum and patches are over-the-counter drugs that help reduce cravings. They deliver a steady dose of nicotine throughout the day. Nicotine gum also gives smokers something to do when they feel like smoking. A prescription nasal spray and inhaler also are available.
- Bupropion is a prescription antidepressant that has proven useful in helping people stop smoking. The drug hinders brain

chemicals that play a key role in nicotine addiction.

- Stop-smoking programs and exercise can help people change their smoking habits. In one study, regular exercise combined with counseling helped women stay smoke-free.

For smokers who are trying to kick the habit, it's helpful to stay away from activities they connect with smoking, such as drinking alcohol. Stay focused on all the positive health benefits that come with quitting. ♦



Quit Now! Sign up for our Smoking Cessation class on Thursday, October 25, from 6 to 7 p.m. at the McGarvey Learning Center, by calling 814/866-4817.

FREE!

Saint Vincent Welcomes **New Physicians**

Need a physician? Call Saint Vincent Ask-a-Nurse at **814/452-5500**.



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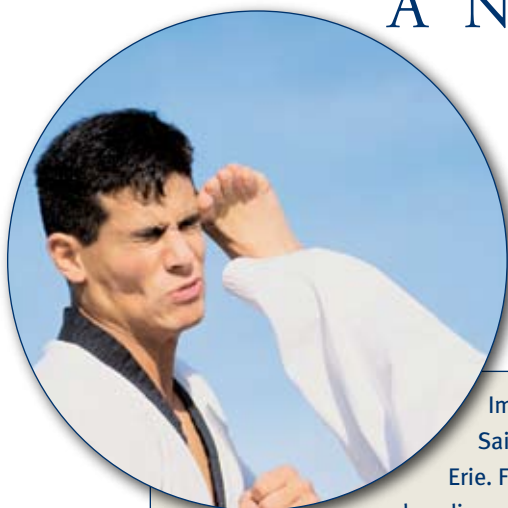


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Concussion Testing Important for Sports: A Necessary Precaution for Fall Athletes



Across the country, about 300,000 athletes suffer concussions every year. The risk is real for both genders, in both team and individual sports.

Concussions are one of the most difficult injuries to evaluate. A concussed athlete can appear perfectly healthy, but

if he or she returns to play before fully recovering and is re-injured, catastrophic consequences can result. Evaluating a player and feeling confident with a decision to permit a safe return to play is the goal of a sports medicine specialist.

ImPACT, or Immediate Postconcussion Assessment and Cognitive Testing, is an innovative computerized test that checks brain function, evaluating memory, reaction time and concentration. It takes about 25 minutes and should be done before or early in the season for a baseline and then again if an athlete ever has a possible concussion. The results are analyzed and stored. Then, if the athlete later experiences a possible concussion, he or she can be retested, and the new information is compared to the baseline data. When the test shows that brain functions have returned to normal, the athlete can then resume the activity. ♦

ImPACT is now available at two convenient Saint Vincent Sports Medicine locations in Erie. For more information or to schedule a baseline concussion test, call or visit:

Saint Vincent Sports Medicine
Yorktown Centre
2501 West 12 Street
814/835-2035

East Harbor Primary Care
Saint Vincent Sports Medicine
4950 Buffalo Road
814/899-7000

Please call **814/452-5706** or e-mail spyle@svhs.org to request a brochure.

Health Briefs



CAN YOU HEAR ME NOW?

“Huh?” The older you get, the harder it gets to hear. Hearing problems can come from illnesses, such as diabetes; habits, such as smoking; and on-the-job noise exposure.

But hearing loss also happens at home. Home-grown noises more than 85 decibels—the dangerous range if exposure is prolonged—can blare from lawn mowers and headphones.

To protect yourself and your family:

- Wear ear plugs or muffs when necessary.
- Turn down your stereo headset.
- Check the noise ratings when you buy appliances, power tools and toys.
- Choose quiet models, especially for devices used near your ears, such as hair dryers.

Help Your Child Kick the Nail-Biting Habit

Nail biting is common in children and teens. This habit can lead to dental problems and bacterial infections.

To help your child put a stop to nail biting:

- Look for nail-biting products at the drugstore.
- Suggest that your child substitute another activity, such as squeezing a rubber ball, when the urge to bite hits.

Postgraduate Medicine, Vol. 118, No. 3

One Workout Works Wonders Against Depression

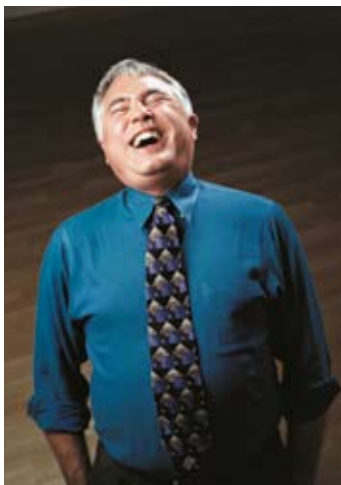
Several studies have found that exercise can be useful in treating depression. But now, for the first time,



a study suggests just a single workout might offer some relief. Participants included 40 women and men diagnosed with depression. Half of the subjects exercised for 30 minutes, while the other half rested for the same time period. Afterward, only those in the exercise group reported a significant increase in their well-being and vigor. The authors said that exercise probably needs to be performed on a regular basis for it to have a lasting impact on depression, though.

LAUGHTER MAY BE THE BEST MEDICINE AFTER ALL

You’re eating right. You’re exercising regularly. You’re controlling your cholesterol and blood pressure. What else can you do for your heart? Why not have a good laugh? This advice comes from a small study of healthy women and men. It showed that watching a laugh-out-loud movie improved blood flow. In contrast, watching a disturbing movie impaired blood flow.



Heart, Vol. 92, No. 2



Tom Hiegel and Gregory Coppola, D.O.

When architectural designer Tom Hiegel, 53, (SP) was creating plans for the new Saint Vincent Center for Sports and Restorative Medicine in Erie's Yorktown Centre, 2501 West 12 Street, last year, he never dreamed the space he was helping to create would soon be the location where his good health would be restored.

After several years of struggling with chronic hip pain that medication and therapy would not help, Tom was facing possible hip replacement. Then, while working on the Saint Vincent project, conversations

Restorative Health Helps Patient Design a Renewed Life

The people at Saint Vincent Restorative Medicine are truly healers.

with the doctors and experts at the Center provided Tom a new alternative: restorative medicine.

Working with Saint Vincent sports and restorative medicine physician, Gregory Coppola, D.O., he learned his pain was related to muscle imbalances, flexibility and other issues that could be managed by using exercise as medicine. Working with Saint Vincent's supportive physical therapists, Tom began Active Release Technique exercises to increase mobility and flexibility and then advanced to workouts that increased strength and aerobic endurance.

Today, Tom is feeling great. "I'm 95 percent better. I'm cycling, doing home improvement projects and am going to be starting T'ai Chi. I am almost back to the active lifestyle I had before all this monkey business with my hips started four or five years ago, and with no hip replacement surgery," Tom says, appreciately. "The people at Saint Vincent Restorative Medicine are truly healers."

The Saint Vincent Restorative Medicine program utilizes:

- Aerobic exercise to strengthen the heart, prevent the risk for disease recurrence, lower blood pressure and cholesterol and build muscles, bones and joints
- Corrective exercise to eliminate pain and improve flexibility, balance, stability, strength and power
- Manual medicine, which provides hands-on manipulation of the body to restore balance between your muscles and skeletal system
- Dietary and nutritional counseling to improve sleeping patterns and energy levels
- Joint injections to cushion and lubricate the joint for both acute and chronic pain patterns
- Prolotherapy, a series of injections to help stimulate the body's natural process to strengthen chronically damaged ligaments and tendons

Restorative medicine can aid those dealing with chronic pain or recovering from an injury, cancer or surgery. ♦

[Ask your doctor about restorative medicine or call the Saint Vincent Center for Sports and Restorative Medicine at 814/835-2035.](#)

Saint Vincent Health Center
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Monica Lewis, Editor
Cover art by Solitaire Miles

A Good Health Magazine from Saint Vincent, *Vitals* is published twice a year by Saint Vincent Health Center. The information in this newsletter is intended to educate readers about subjects pertinent to their health, not as a substitute for consultation with a personal physician. © 2007
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